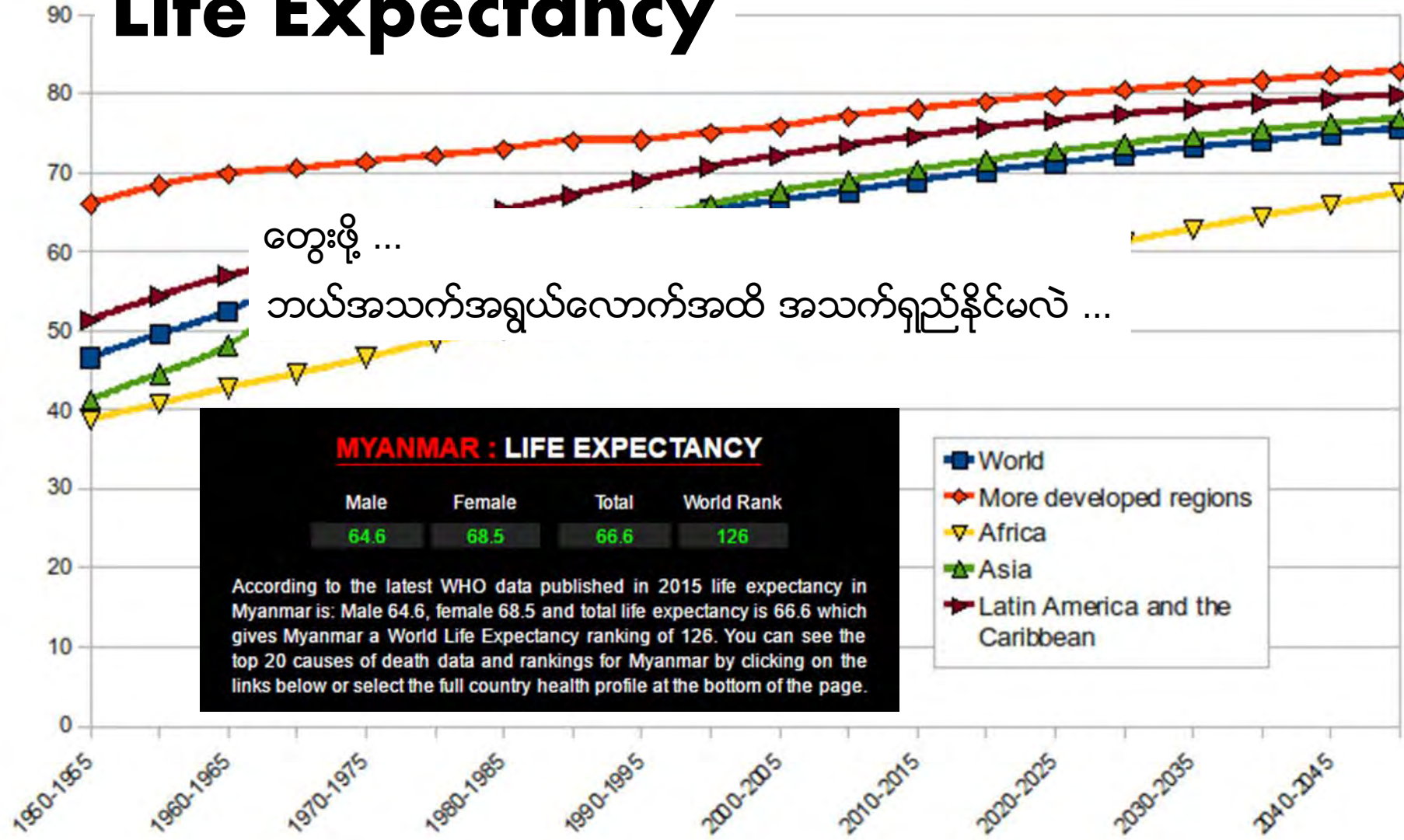


အလုပ်ခွင်တွင်အောင်မြင်သော ကိုယ်ရည်ကိုယ်သွေး နှင့် အပြုအမူများ

Successful Personality & Behaviour at Work

Life Expectancy

life expectancy at birth



တွေ့ဖို့ ...

ဘယ်အသက်အရွယ်လောက်အထိ အသက်ရှည်နိုင်မလဲ ...

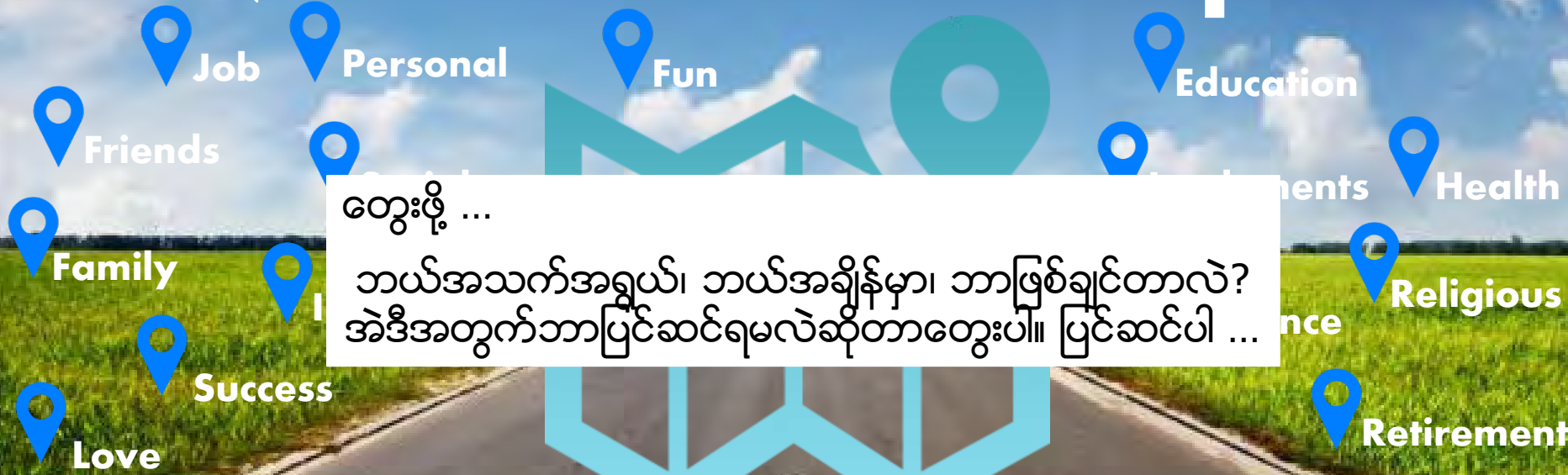
MYANMAR : LIFE EXPECTANCY

Male	Female	Total	World Rank
64.6	68.5	66.6	126

According to the latest WHO data published in 2015 life expectancy in Myanmar is: Male 64.6, female 68.5 and total life expectancy is 66.6 which gives Myanmar a World Life Expectancy ranking of 126. You can see the top 20 causes of death data and rankings for Myanmar by clicking on the links below or select the full country health profile at the bottom of the page.

- World
- More developed regions
- Africa
- Asia
- Latin America and the Caribbean

LIFE Road Map



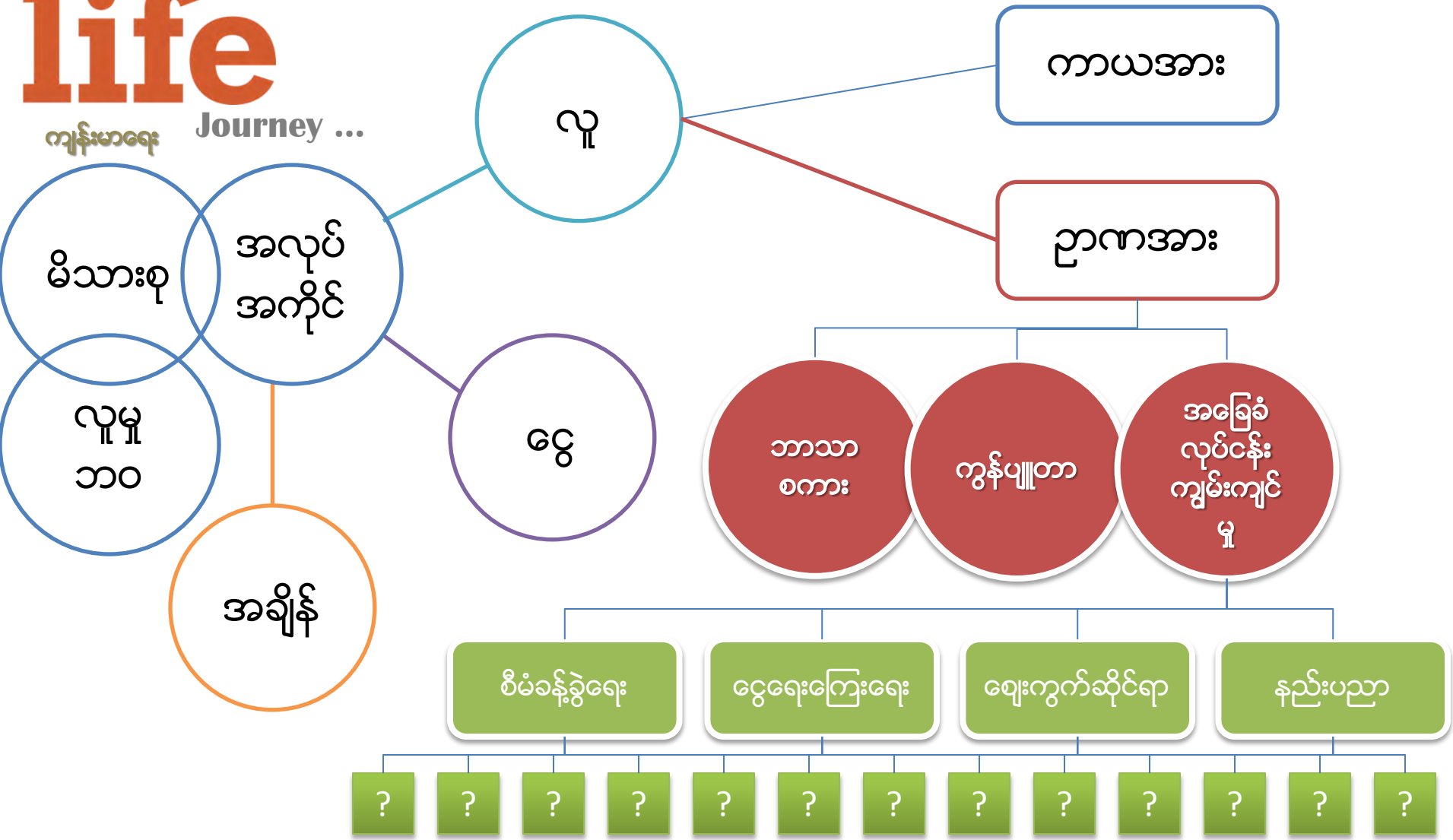
တွေးဖို့ ...
ဘယ်အသက်အရွယ်၊ ဘယ်အချိန်မှာ၊ ဘာဖြစ်ချင်တာလဲ?
အဲဒီအတွက်ဘာပြင်ဆင်ရမလဲဆိုတာတွေးပါ။ ပြင်ဆင်ပါ ...

75 YEARS
3,911 WEEKS
27,375 DAYS
657,000 HOURS
39,420,000 MINUTES

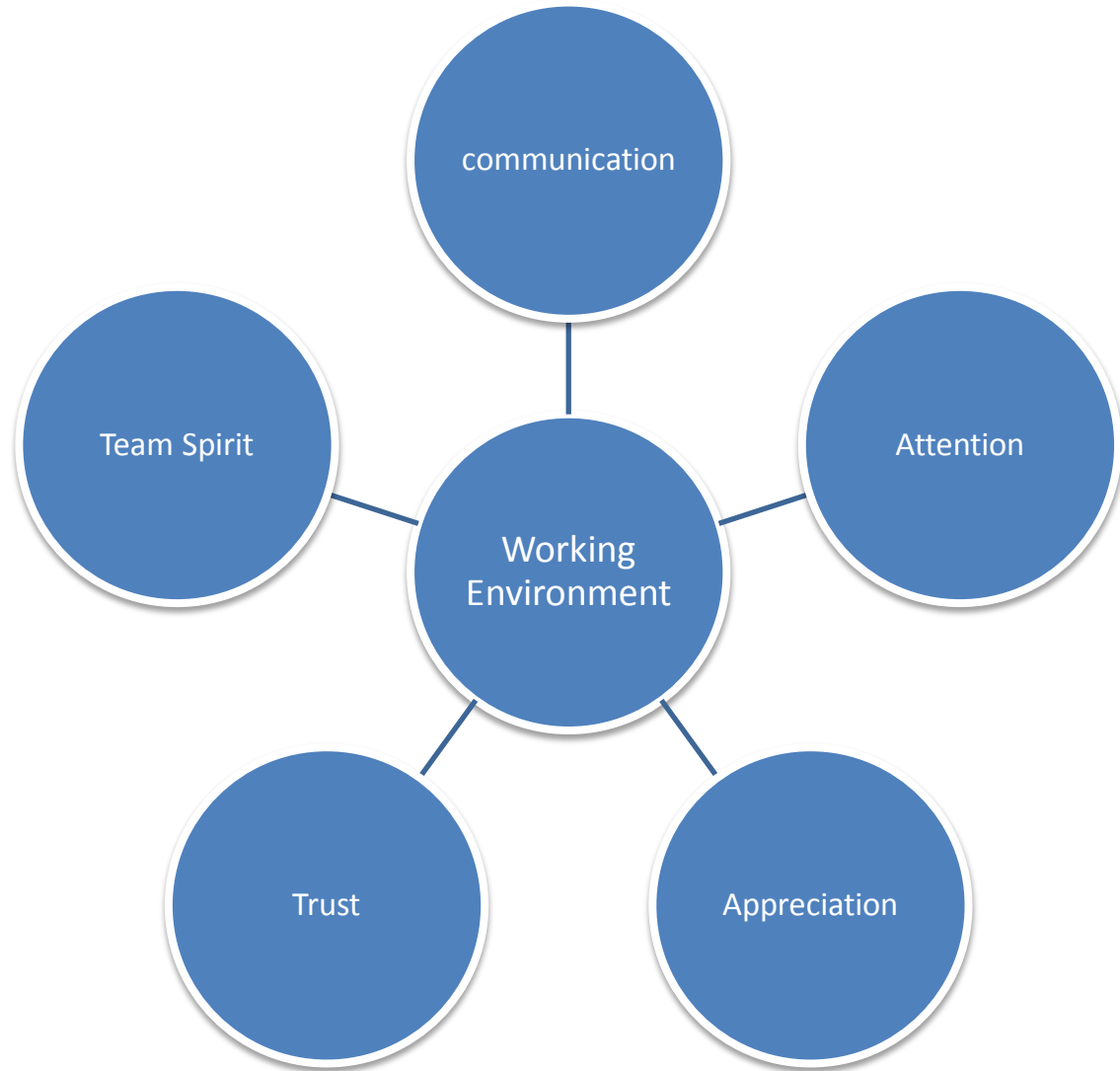
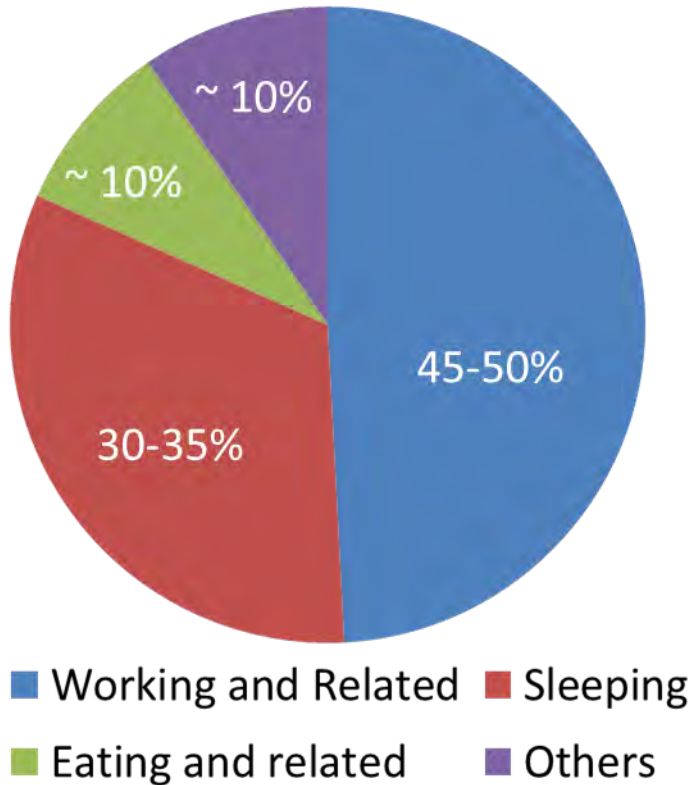


life

ကျန်းမာရေး Journey ...



Avg. Daily Time Spend by working adult in Yangon ...



How do we create a good working environment?



OPEN

- ❖ Be open-minded
- ❖ Be transparent
- ❖ Look for diverse opinions & ideas



CONNECTED

- ❖ Help and support one another
- ❖ Share objectives, risks & values
- ❖ Connect to drive speed, efficiency and capability



USEFUL

- ❖ Be useful to your friends and family.
- ❖ Be useful to your colleagues and your team.
- ❖ Be useful to your organization
- ❖ Be useful to the community



PERSONAL

- ❖ Be personally accountable
- ❖ FOCUS on the need – not the interesting stuff
- ❖ Be simple
- ❖ Head, Heart & Gut

OPEN



CONNECTED



USEFUL

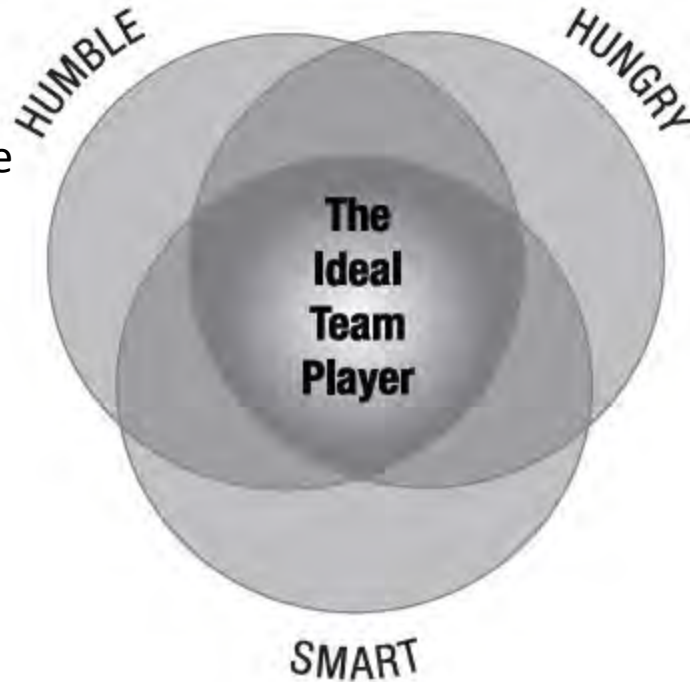


PERSONAL



❖ **Be confident but drop the ego**

- ❖ It's not about thinking less of yourself; it's thinking of yourself less.
- ❖ Humble team members are quick to give credit to others.



❖ **Be self-motivated and always look for more to do and learn.**

- ❖ It isn't driven solely by personal ambition but thinking about the future and bringing your fullest and best effort to it.
- ❖ Hungry team members inspire others to be hungry too.

❖ **Use good judgement and common sense**

- ❖ It's not about being intellectually smart but knowing what to say to others and how it impacts them.
- ❖ Smart team members are able to work effectively with all kinds of people.

1. THINK POSITIVELY
2. HAVE CLEAR GOAL
3. TAKE CALCULATED RISKS
4. LEARN FROM OTHERS
5. BUILD REAL RELATIONSHIPS
6. MANAGE TIME EFFICIENTLY
7. NEVER STOP LEARNING



Personality Types

Myers-Briggs Type Indicator (MBTI)

➤ Where you focus your attention?

Extraversion (E) or Introversion (I)

➤ The way you take in information?

Sensing (S) or INtuition (N)

➤ How you make decisions?

Thinking (T) or Feeling (F)

➤ How you deal with the world?

Judging (J) or Perceiving (P)

ISTJ	ISFJ	INFJ	INTJ
ISTP	ISFP	INFP	INTP
ESTP	ESFP	ENFP	ENTP
ESTJ	ESFJ	ENFJ	ENTJ

*Thank
You!*