



Positive Parenting



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He has worked as a lecturer/trainer, was the Assistant Director at an NGO - P.S. the Children, was a Sport Psychology consultant working with elite athletes at the National Sports Institute, and is currently a Psychology lecturer at the International Medical University.

He has been interviewed on TV and radio as well as by magazines and newspapers on multiple topics and has been on the Board of Advisers of Men's Health magazine in Malaysia. His current research is in the field of Positive Psychology and its applications in increasing well-being.