

# Presenting Personal Trainers, UPNVJ Strengthens Integrity and Solidarity in Yogyakarta

Friday, 22 November 2024 17:14 WIB



**HumasUPNVJ** - In order to improve the capacity of employees in the National Development University "Veteran" Jakarta, UPNVJ presents a professional trainer named Muhammad Yusuf in a capacity building activity in Yogyakarta on Tuesday, November 19, 2024.

Yusuf provided various materials and practices to improve cohesion between employees.

He also discussed in depth how employees can provide good energy to each other, which aims to increase enthusiasm for work.

"Greeting each other also has rules. Fake smiles are also visible, so try to give the best smile to transmit positive energy in the work environment," said Yusuf.



He also said that everything can start from yourself by being a pleasant person.

"Some ways to be a pleasant person include spreading a smile, being friendly, being pleasant, and giving sincere compliments," said Yusuf.

"In addition, we can show that we are very enthusiastic, be a good listener, give honest and sincere appreciation and avoid the habit of SOK," he added, referring to the abbreviation Blame, Omeli, Criticize.

Meanwhile, UPNVJ Chancellor Anter Venus said that this capacity building also aims to improve relations, work motivation, and new enthusiasm.

"I hope that once we return to Jakarta, everyone can return to work with renewed enthusiasm," said Venus in front of hundreds of UPNVJ employees in Yogyakarta.

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Export tanggal : Monday, 08 December 2025 Pukul 07:43:38 WIB.

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