



B-TOP

wellness sdn. bhd.

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about us

BTOP is a social enterprise established in 2017 with a mission to empower youths through sports and provide mental and emotional support. The company recognizes the crucial role life coaching play in promoting overall well-being and aims to leverage this to make a positive impact on the lives of young people.

Through its various programs and initiatives, BTOP not only encourages physical activity but also provides a safe and supportive environment for every individual to build resilience, self-esteem, and leadership skills. Additionally, we are committed to addressing mental health challenges to everyone by providing access to mental and emotional support services.

With a team of dedicated experts and a strong focus on social impact, BTOP is making a meaningful difference in the lives of people across the community.





vision

"to eradicate illicit activities
among youth"

mission

"to organize programs on emotion
and life coaching"

"to conduct programs for physical
fitness and general wellbeing"

"to promote a sustainable and
peaceful lifestyle"

meet our team

HAMIZAH (KB;PA)
Assistant Manager



Hamizah is a certified counsellor by *Lembaga Kaunselor Malaysia* after the completion of Degree in Counselling (USIM).

She is the Think Tanker for psychology module. Her expertise include career, individual, and group counselling, and psychometric tests. She is also interested in the field of art therapy.

AMIERUL HAZEEQ
Manager



Amierul Hazeeq has vast experience in business & accountancy. He graduated Diploma in Accounting (UiTM) and B.A. International Business (UiTM).

He currently holds the AFC/FAM License C for football. Additionally, he also acts as one of the UNESCO Youth Sport Taskforce Member.

HJ. RUDIE YAAKUB
Managing Director



Hj. Rudie Yaakub's passion for adolescents' development and community coaching started since 2014 when he started a community football club for his sons and their friends.

Since then, he is a certified community coach by Premier Skills British Council, Cruyff Court Coach, FF Australia Junior Coach, and National Archery Coach L1

AP DR ASRENEE AB RAZAK
Advisor



A.P. Dr. Asrenee is an experienced consultant psychiatrist in Hospital USM and senior medical lecturer in Psychiatry in USM.

Her active involvement in mental health study has qualified her to be the acting Deputy Dean (Research & Innovation) of USM Health Campus. She also holds a PhD in Psychological Medicine (Monash).

DR PICHOLAS PHOA
Research Officer



Dr. Picholas is a graduate of Doctor of Medicine (USM). Subsequently, he then pursued his Master in Medical Psychology (USM).

His area of interests include the field of mental health, suicide prevention, and self-harm in community setting.



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| 2020 | Psychological Support Program |
| 2022 | HOPE Program <i>Rakan BTOP</i> |
| Webinars | Emotional Management Teen Depression & Suicide Parenting talks |

Mental health awareness is crucial step in promoting the overall wellbeing of individuals. BTOP provides extensive services by giving counselling and intervention programs among at-risk individuals and training of gatekeepers such as parents, PRS, teachers, and counsellors. By creating a supportive and informed community, we can help individuals struggling with mental health issues feel more understood and accepted.



emotion coaching



HOPE PROJECT

BTOP has collaborated with Yayasan Hasanah to conduct the HOPE Project. SMK Badak students who are at risk of developing mental health problems (assessed using DASS-21) were gathered for several sessions of mental health support and counselling. The parents were also invited for Parenting workshop to enhance communication skills.

RAKAN BTOP

As a component of the HOPE Project, the Pembimbing Rakan Sebaya (PRS) of SMK Badak were trained on mental health advocacy and psychological first aid skills to increase the human capacity in mental health promotion. The Rakan BTOP project is hoped to empower the students to help their peers in mental crisis. The project received fundings from Yayasan Hasanah.



PSYCHOLOGICAL SUPPORT PROGRAM (PSP)

As a part of the 123 Boost Me Up project, PSP aimed to provide psychological support and moral boost to the students who are sitting for their SPM examination. Group counselling sessions were conducted to inspire the students to do well in their upcoming examination.





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| 2020 | 123 Boost Me Up Intervention class Community Resilience Program |
| 2021 | Career and Education Pathways after SPM Edit Like A Pro - Mobile Video Editing and Marketing Workshop |
| 2022 | Parenting Talk & Consultation |

Self-development programs are important avenues for skill-building and personal growth. BTOP consists of experienced panel of experts in delivering online webinars, workshops, and coaching sessions. By combining self-development programs and community involvement, individuals can build a well-rounded set of skills and gain valuable experience that can help them succeed in their personal and professional lives.

life coaching





123 BOOST ME UP (BMU)

The 123 BMU project consists of Interventional Class, Psychological Support Program, and Community Resilience Program. Free classes and reference books were given to students with failing grades to aid them with their studies. At the end of the program, the students lead their teams to conduct community programs. The project was made possible with the sponsorships from Yayasan Hasanah and SMO.

CAREER AND EDUCATION PATHWAY AFTER SPM

The Career and Education Pathway After SPM webinar series were conducted to expose the students to tertiary educations and various options in their future careers. Experienced speakers were invited to share their opinions and experiences.

EDIT LIKE A PRO (ELAP)

BTOP has collaborated with the CHANGE Education Project to organise the ELAP Mobile Video Editing and Marketing Workshop. The project has garnered a lot of attention from students with entrepreneurial mind. The participants gained valuable digital editing and marketing skills, which is hoped to kickstart their online businesses.





- 2014 Community football club
- 2015 BTOP Badak Football Project
BTOP Futsal in English
- 2017 UNESCO Sports & SDG Youth
Taskforce (Manila)
BTOP Archery Program
- 2019 Cruyff Court Mentuan
MaGiC PUSH
UNESCO Sports & SDG Youth
Taskforce (Seoul)
- 2022 ACE@BTOP
Queen's Baton Relay Festival

Sport programs are the essence of BTOP. Initially, the BTOP Badak Football project targeted underprivileged students in Badak to tackle the issue of truancy. After the project, we noticed a positive impact on youth development by improving their general wellbeing, develop essential life skills, and enforce discipline. We leverage our expertise in sport programs to promote the holistic development of young people.

sports coaching





ACTIVE COMMUNITY LEADER - BRING THE OPPORTUNITY PROGRAM (ACE@BTOP)

The BTOP sport program initially included football, archery, and futsal. Several athletes under the coaching of BTOP managed to place themselves on the podium during the MSSK competitions. Currently, the program has been rebranded as ACE@BTOP, which emphasised on football as a healthy outlet for physical and mental health. More community coaches were also hired among the locality of Bachok throughout these years. These are possible with the collaboration from ILTIZAM by Ekuinas.

CRUYFF COURT MENTUAN

BTOP, along with Yayasan Hasanah and the Johan Cruyff Foundation have worked together toward the opening of the Cruyff Court in SK Mentuan, Kota Bharu. Now, the court became the center for youth recreation and sport training place. The court became the safe haven for juveniles around the locality, reducing their involvement in illicit activities.



COMMONWEALTH GAME 2022 - QUEEN'S BATON RELAY FESTIVAL (QBRF)

BTOP, representing Malaysia, has been given the opportunity to collaborate with the British Council and Premier Leagues to organise the Queen's Baton Relay Festival for Premier Skills Football Clinic in 2022. BTOP hosted coaching drills to inculcate leadership, teamwork and confidence through football amongst marginalised youths in Kelantan.

"Even as an alumni, I still stay in contact with my coaches. Now, I am more confident in emceeing with their mentorship."

Auni
BTOP Ambassador



Auni Zahraa



"I learn to identify my strengths and weaknesses. Now, I am more confident to speak in front of my peers"

Auni Zahraa
Participant of ACE@BTOP

"My son became more independent when doing his homework, and I never knew my daughter is so skillful at playing football! Thanks for BTOP for shaping up the local youths."

Mdm. Azni
Mother of Asyraaf & Auni,
Participants of ACE@BTOP

Mdm. Noridayu



"My son became more proactive in school. He looks forward to the football sessions every week."

Mdm. Noridayu
Mother of Ammar,
Participant of
ACE@BTOP



Mdm. Azni



"I love playing football with my new teammates. Coach taught us to be more disciplined in the field."

Auni
Participant of
ACE@BTOP



"I feel more ready to face my examinations now after the extra classes. The counsellor also taught me how to manage my stress and time better."

Fadhila,
Participant of
HOPE.



"BTOP has given me the opportunity to develop my coaching skills and use my talents to give back to my community as a football coach for youths"

Affif Danial,
Assistant Coach.



UNIVERSITI SAINS MALAYSIA

iltizam
by ekuinas

YAYASAN
HASANAH



A foundation of Khazanah Nasional



our
partners

teaming up with btop

BTOP is a mental health and wellness organisation that is dedicated to helping underprivileged people live better and more fulfilling lives. With a range of programs and coaching services designed to meet the unique needs of individuals and organisations, BTOP is committed to empowering individuals to take control of their lives.

By collaborating with us, we can work together to promote healthy living and encourage people to take action towards achieving their goals. Whether it's through partnering with local community groups or working with large corporations, we believe that by joining forces, we can create a more vibrant world for everyone.

So let's work together to make a positive difference in people's lives and promote a culture of wellness that benefits us all. Please contact us for more information.



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