



kritarthconsulting
pvt. ltd.

Purpose ~ Passion ~ Performance

Breakthrough To Success

Building Emotional Excellence to Achieve Peak Performance



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Are you sure that your employees are “Actively Engaged”?

Do your managers know how to create and sustain a motivating work environment?

Is your organization focused only on the traditional techniques such as rewards and recognition schemes to motivate employees.

As a manager are you doing “enough” to work on the “emotional fitness” of your employees?

If you’re not supporting the emotional well-being of your employees, you probably need to re-look at the approach of motivating employees.

Gallup did a study to find that how employees feel affects the business’s bottom line. Few years ago Towers Perrin found in a survey that a company’s financial productivity depends on its employee engagement levels.

Why Do Employees Need Hacks to Manage their Emotions at Workplace?

Employees don’t leave their personal concerns when they come to work.

The modern workforce has enormous demands on their time, chasing deadlines, finishing the report on time, managing customers etc. They no longer have the privilege to only work on “*one thing at a time*”.

Virtually everything we do is to change the way we feel. **HOW WE FEEL** in work can impact directly on our productivity and job satisfaction, and influences our general wellbeing. Yet most of us have little or no training in how to do manage a stress-free life.

It's amazing how often we use the intelligence at our command to work ourselves into unresourceful emotional states, forgetting about the multitude of innate talents each of us already possesses.

Employees need to develop skills to manage some of the emotional barriers that prevent them from thriving at the workplace

You are what you repeatedly do



Why should anyone aim for Emotional Excellence?

When you achieve Emotional Excellence, your mind is capable of staying away from negative and unsupportive thoughts and focuses on creative and constructive tasks. You become in charge of your mind rather than your mind controlling you. You have complete control over the thoughts you entertain. You stay focused. There is **no struggle** in the Now!!

An emotionally strong person can handle enormous challenges by developing emotional muscles to counter the various challenges and live a life of limitless potential.

An emotionally strong person expands to be resilient and gains the necessary emotional ammunition to recover and move forward. **Being emotionally fit is the key to success in all aspects of life.** It is about taking control over your choices and actions, having the inner strength to be who you want to be.

Why Do you need to be Emotionally Fit?

You either learn from the past performances but one thing is certain and that it is expensive to get into unresourceful states at the workplace.

These gradually eat up company's resources and if unchecked, it leads to anger, mediocrity, resentment, poor performance, disintegration etc.

Workshop Objective

This program will literally transform the foundations of your everyday experience.

Our approach works on the basis that everyone is different. Hence the approach is unique and personal

You will **understand the forces that control**, everything you think, every emotion you experience and every action you take.

This intervention will **enable** you to realize your potential and align your actions with the visions that you hold in your thought and heart.

This unique program will help you manage your work and personal lives by mastering your emotions and thoughts. **It gives you the ability** to overcome the obstacles that prevents them from enjoying a rewarding and enriched life.

What Will Be Covered

Emotions are guidelines and support systems. It is a call to action.

The participants will learn to flex their emotional muscles that will feed and strengthen their ability to understand and work towards meeting their deepest needs.

What Will You Discover?

- What truly motivates you
- What holds you back?
- Steps to congruent communication (internal and external)
- Your own unique Mental Maps and how it shapes your decisions
- Forces that shape all human emotions and behaviors
- Creating new, empowering Values and rules
- Emotions of Power(Steps to Emotional Mastery)
- The Power of Choice. Learn how to Shut Your Puck Up
- Your dominant questions
- And so much more....

Benefits to You:

- More self-reliant
- Increased confidence
- More motivated
- More productive
- Enhanced personal performance
- More responsive to feedback
- Better people management skills
- Better able to deal with change

In addition, you will have the following benefits:

- Increased productivity
- Enhanced relationships
- Eliminate self-doubt, fear, and anxiety
- Achieving Peak Performance in any area of your life
- Improved work/life balance

Methodology

We have made it a point to keep all our sessions interactive so that engagement of all participants is automatically taken care of.

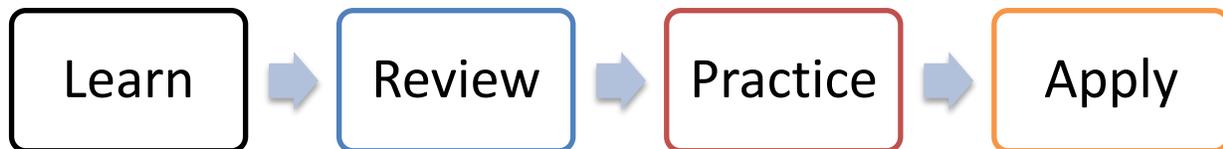
The USP of the program is that it blends the experiential approach with the rich principles and techniques of Neuro Linguistic Programming (NLP). NLP is the difference that makes the difference.

NLP is a powerful tool and is used to enhance many aspects of performance, from decision making and communication, building effective teams, to strategic planning and leadership.

We are confident you will find this program to be an excellent return on your investment for a number of reasons.

Our training uses NLP to train essential and extraordinary skills to master emotions; skills that are relevant, are applicable immediately and have been demonstrated to improve personal and professional performance

It follows our Learn – Review – Practice - Apply Model.



Know Your Facilitator

Shakti Sharan

As a NLP Specialist and as a Behavioral Change Specialist, he enables his clients to achieve the results that they want.

His expertise lies in helping our clients to better understand the impact of their actions in order to make changes that produce effective outcomes.

His focus is to "*Make a Difference*" in the way Organizations and Individuals function so that they actualize their true self, sooner in their lifetime and remain fully functioning anytime, anywhere and thus help Organizations in getting, keeping and grooming the Right People who will Do Right Things Right, First Time Every Time in order that the Business goals and objectives can be achieved in most cost-effective manner within the shortest possible time for the greatest good of all concerned.

He gained valuable management experience in the ITES sector where he developed skills to succeed though motivating individuals and teams. This experience has been so rewarding that he invested in his own skills and reshape his career to do what he enjoys most - utilizing NLP and other related change tools to help people and organizations improve their effectiveness and get to a state of peak performance.

Shakti is a:

- Certified Trainer of Neuro Linguistic Programming (NLP) from DLI, UK
- Certified NLP Executive Coach from Ralph Watson Partnerships
- Certified Master Practitioner of NLP from DLI, UK
- Certified Practitioner of NLP from DLI, UK
- Certified Advanced Life Coach from DLI, UK
- Certified Practitioner in Time Line Therapy [™]

Investment to Get Emotionally Fit

Rs.3500/- per participant plus service tax.

Mode of Payment: Cheque / Demand Draft / Online Bank Transfer

You also get online support for additional month, without any extra charge. The support could be through phone, emails, skype sessions.

To reserve your spot, mail us at info@kritarth.in or call us on +91-9880299349

