

## 'CREATING POSITIVITY WITHIN™'

[A power packed MDP based on the internationally acclaimed frameworks of Positive Psychology & NeuroLinguistic Programming (NLP)]



### The Positive Thinker

*sees the invisible  
Feels the intangible  
And achieves the  
Impossible!*

## PERSPECTIVE

In recent times, research on how to increase positive moods and capitalize on your strengths has proliferated thanks to the positive psychology movement. The application of this in business has become an increasingly popular and valuable tool to manage and develop staff.

A decade of research proves that employee happiness raises nearly every business outcome. Happy employees are on an average, 37% more successful in sales, three times more creative, up to 10 times more engaged by their jobs, 19% more accurate on tasks and 31% more productive and healthier.

Research has shown that companies with higher than average employee happiness exhibit better customer satisfaction.

This power packed workshop provides simple techniques for increasing positivity levels of self and others. This program also helps one to understand what one needs to feel happier in one's life/at work and to maintain one's motivation even in tough times.

## WHO SHOULD ATTEND

- Directors and CEO's who are in leadership roles
- HR managers who are responsible for manpower and succession planning.
- Personnel involved in designing and implementing strategies.
- Team leaders, Supervisors and leaders

## BENEFITS OF THE PROGRAM

- ✓ Learn and apply strategies for increasing positivity happiness and energy
- ✓ Find hidden resources and strengths inside oneself and in team members
- ✓ Develop an attitude of gratitude and a feeling of belonging to the organization
- ✓ Develop higher levels of job satisfaction and contentment
- ✓ Learn a 5 minute habit that can UP your happiness levels by 25%
- ✓ Learn a powerful technique to remain motivated in the face of obstacles
- ✓ Develop a big-picture view of importance of job that increases motivation
- ✓ Harmonize relations between team members from different departments
- ✓ Appreciate yourself and others to create a climate of support & recognition
- ✓ Enhanced bonding and trust between team members for improved cooperation

## PROGRAM METHODOLOGY

The session involves an amalgamation of training delivery techniques such as group discussions, audio-visuals, use of stories & anecdotes, guided introspection, and other effective & innovative methods of learning.

A pre training questionnaire will be emailed to all participants before the commencement of the training program which will enable participants to give their expectations of the workshop.

## FACILITATOR

**Amey Hegde** is an internationally certified Corporate Behavioral Trainer, Management Consultant and an internationally published Author.



Amey's academic qualifications include Post Graduate Studies in Behavioral Sciences Training (PGCPBST) from MIBS and graduate studies in Electronics & Telecommunication Engineering from Goa Engineering College. He has also been trained by eminent faculty from IITs, IIMK and SIBM Pune in areas of technology and management.

Amey has been personally coached by various master motivational trainers on the mindsets and skills sets to practice and implement international concepts of Edward de Bono's Six Thinking Hats® and Lateral Thinking™, Facilitation Skills to Crestcom® standards, and Neuro Linguistic Programming (NLP).

He has been personally trained and certified to practise Integral Eye Movement Therapy (IEMT) by Andrew Austin, the founder of IEMT.

Amey has over 14 years of work experience in several MNCs and Fortune 100 companies in Europe and India with a varied cultural exposure while working with teams from USA, Canada, Germany, Japan & China and before stepping out into the entrepreneurial training field.

## INVESTMENT

Rs. 2200/- for corporate participants.  
Special fee of Rs. 1800/- for faculty members/NGOs.  
✓ *Special group discount of 10% for 3 or more than 3 participants from the same corporate organisation.*

## ADDITIONAL DETAILS

**Venue:** Nalanda Hall, EDC House, Dr. A.B. Road, Panjim, Goa.

### Fee Inclusions:

- Participant manual & Stationery
- Lunch and tea/coffee/snacks during breaks
- Participation certificate

Cheque to be drawn in favour of 'Vital Spark' payable in Goa.

Fee is inclusive of a delegate kit, tea/coffee, snacks and luncheon.

*Nomination fee is non-refundable, however, in case the participant cannot attend, a substitute can be sent.*

To confirm your seat at the earliest please call/sms on +91-8888-119820 & email the completed nomination form to [vitalsparkconsultants@gmail.com](mailto:vitalsparkconsultants@gmail.com)

Seats are limited so hurry up with your nominations.

**Contact Person:** Ms. Maria

**Email:** [trainings@vitalsparkconsultants.com](mailto:trainings@vitalsparkconsultants.com) / [vitalsparkconsultants@gmail.com](mailto:vitalsparkconsultants@gmail.com)

**Mobile:** +91-8888 119820

[www.vitalsparkconsultants.com](http://www.vitalsparkconsultants.com)