

MINDFUL COMMUNICATION SERIES



Pragya Living Wisdom Centre



www.thehealingcircle.in/pragya-living-wisdom-centre

We don't Train.

We T ransform.





PRAGYA
Living Wisdom Centre



Gift Your Presence

Mindful Communication Coaching Series

for Leaders

What is Gift Your Presence

An extended **one-on-one** coaching program
for leaders that combines -

Assessments
Pre & Post

Mindful
Communication

Emotional
Empowerment



Participant profile

Leaders

- Sr. Directors;
Directors
- Line Managers
- Lead
Architects

Emergent Leaders

- Managers
- Team Leaders

Individual Contributors

- Solution
Architects
- Coaches
- Mentors

Program objectives



Assessments

- Acknowledge, own and powerfully display **current strengths**
- Identify **development areas**
- Empower through **self development and feedback** – self, coach, peers, managers and other stakeholders
- Gain **incredible perspectives** from assessments that help set clear and achievable **learning goals**



Mindful Communication

- **Be present** - Actively notice new things; make it meaningful for self, team and organization
- **Be authentic** - Converse to connect and influence decision making
- **Be aware** of -
 - Self – use congruent body language, voice and words to deliver powerful messages
 - Audience – tweak presentations and conversations to suit varied audience profiles
- **Shift from auto pilot** mode of communication – later neural architecture using quantum science tools to activate brain's peak potential
- **Work through limiting beliefs**



Emotional Empowerment

- Decipher **thoughts vs. feelings**
- **Reclaim mental and emotional territory** from stress, hyper-connection and over-burn
- **Display grace under fire**
- Apply emotional intelligence to **influence and inspire**

Core program strengths

Safe and supportive environment that builds trust

Thorough individual diagnosis of strengths and development areas

Provides self help tool kit for daily practice

Transformation tuned to individual pace of learning

Multiple exercises especially presentations, with at least 2-3 video recorded sessions for practice and feedback.

Spaced out modular sessions (2-3 weeks) to allow for learning to be internalized

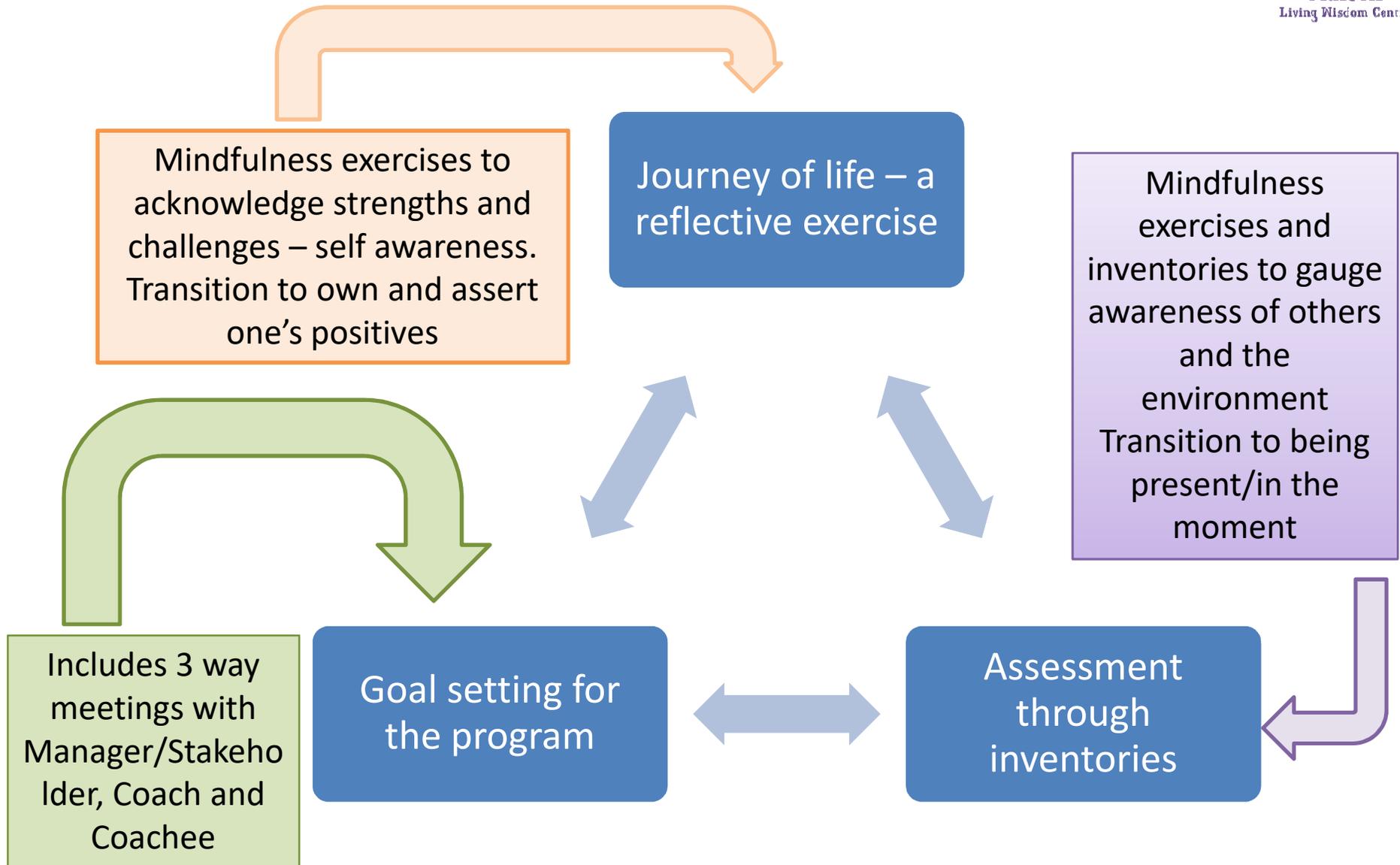
Module Coverage

Day-wise across 10 sessions

Pre and Post assessment included



Day 1 – Connect of trust



Day 2 - Connect to influence: pre assessment

Video recording

Coachee delivers presentations/talks on work related topics

Playback and assessment will be done for each talk



Detailed Feedback

Detailed one on one feedback during playback

Scaffold feedback with specific inputs for improvement will be given

Day 3 – Authenticity

- Self awareness
- Self belief
- Limiting beliefs
- Body awareness, feelings – impact on behaviour e.g. nervousness

Mindfulness



- Transforming limiting beliefs to empowering beliefs
- Neuroplasticity and its wonders
- BrainTap – activate your brain's peak potential

Confidence



- Connect through a powerful pitch
- Self introductions that make a difference – Be present when you present
- Walk away from a talking CV when you introduce yourself

Display authenticity



**Trust grows
from
authenticity.**

Day 4 – Authenticity – practice work

Be present

Deep Listening

Empathy

Elevator pitch

Be sensitive
Connect to
audience needs

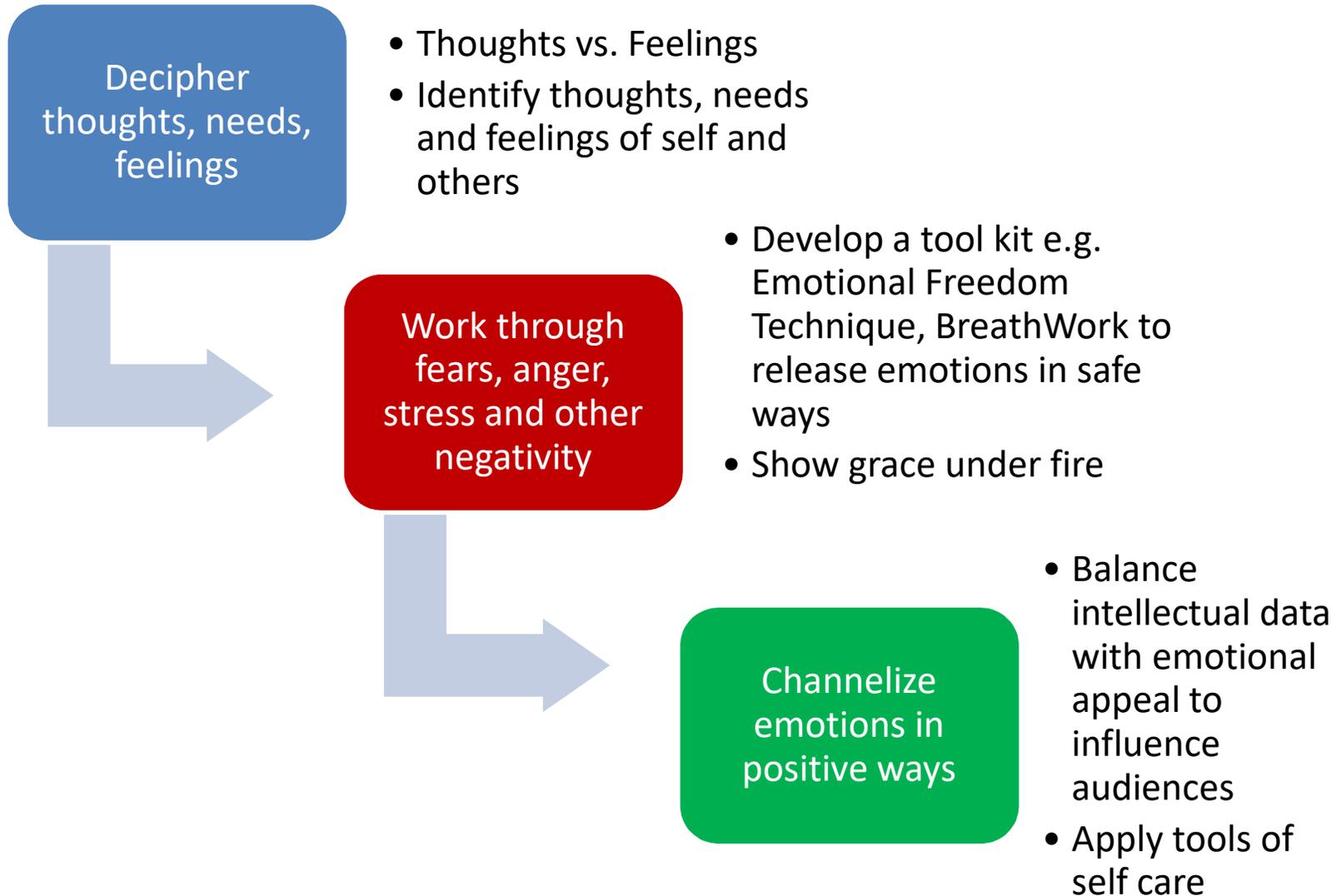
Be simple

Elevator introduction

Who am I

Connect to core
values – self,
team,
organization

Day 5 – Emotional Intelligence



Day 6 – EFT to deal with non assertion



Mindfulness
exercises to
identify feelings

Use EFT – a self help
tool kit to deal with
negative emotions

Behind every unmet need there is a negative emotion
- Marshall Rosenberg

Day 6 – Emotional Empowerment

Engage with audience

Listen

Deal with tough

Questions and Tough Audiences

Show grace under fire

Create interest

Take audience along

Go beyond slides

Influence

Inspire

Build lasting relations

Balance intellectual data with emotional appeal

Storytelling for varied audiences

Take a stand on what you say; what you believe in

Be assertive

Day 7 - Compassionate communication



Day 8 – Compassionate communication: practice

Work related situations

- Identify tough situations
- Explore how 7 step process can lead to resolutions
- Grace under fire
- Conflict resolution
 - Observe vs. judge
 - Deeply listen

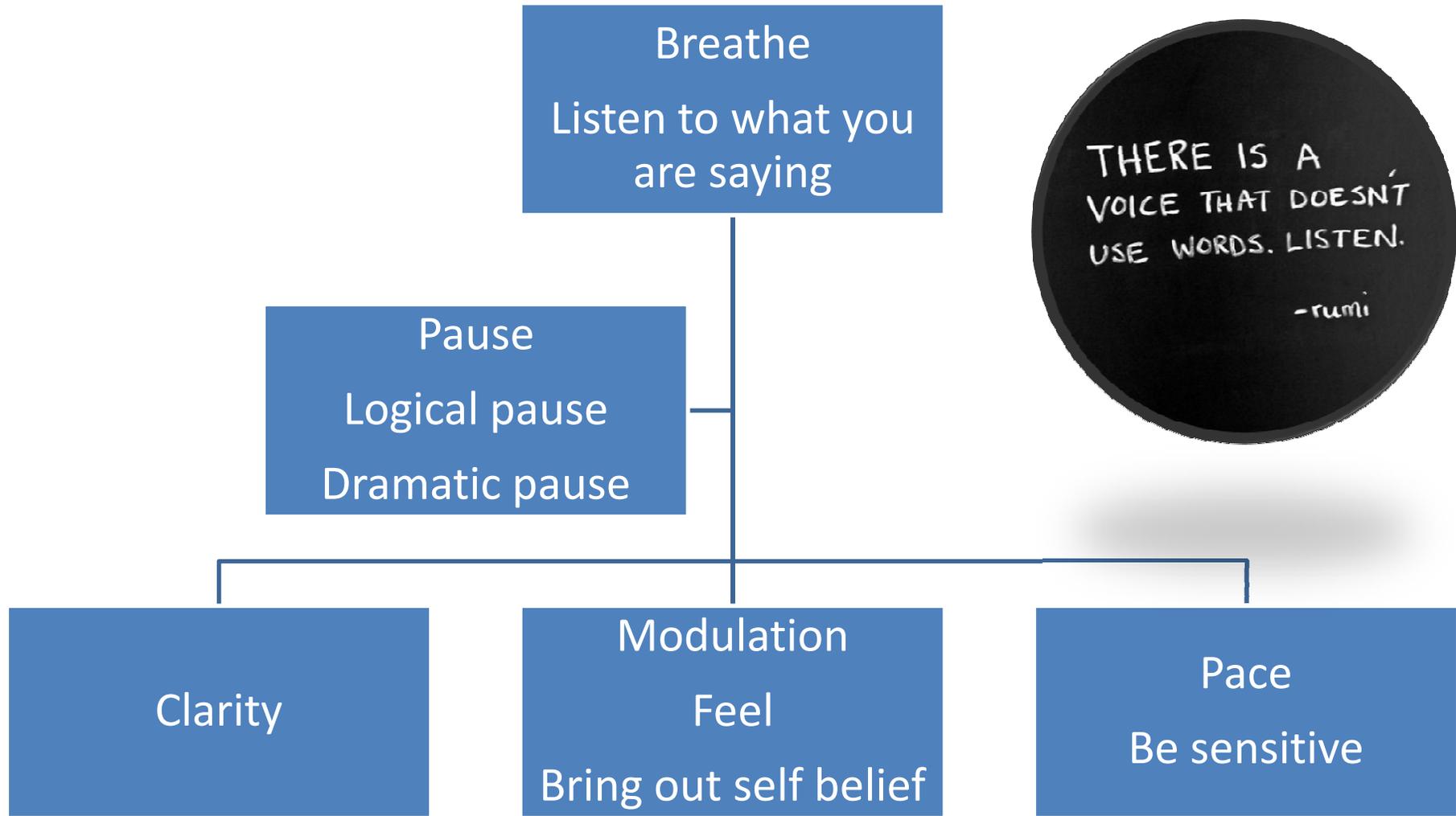
Presentations

- Audience profiling
- Structure content
 - Less is more
 - Use apt data
 - Focus
- Power of pause
- Be respectful of yourself and the audience

High stake conversations

- Identify needs, feelings
- Gauge priority
- Structure conversations with sensitivity
- Listen
- Focus

Day 9 – Winning voice



Day 10 – post assessment

Video recording

Apply learning across modules to deliver presentations on work related scenarios

Playback and assessment will be done for each presentation



Detailed Feedback

Detailed one on one feedback during playback

Scaffold feedback with specific inputs as part of post coaching work

Post coaching follow up – optional

- Coachees often choose to have 1-2 follow up sessions 6 to 8 months post the coaching program
- This is optional. Details can be discussed



We are associated with



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Mercedes-Benz



Tejasvita Trust



Nutrition Society of India





Difficulties arise to show us what we do not yet know, to develop *creativity, flexibility, action, serenity* and the ability to *transcend* fear.

Let the journey...

Begin!

Contact details



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