

# MINDFUL COMMUNICATION SERIES

Pragya Living Wisdom Centre



[www.thehealingcircle.in/pragya-living-wisdom-centre](http://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



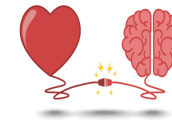
## Assessments

- 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

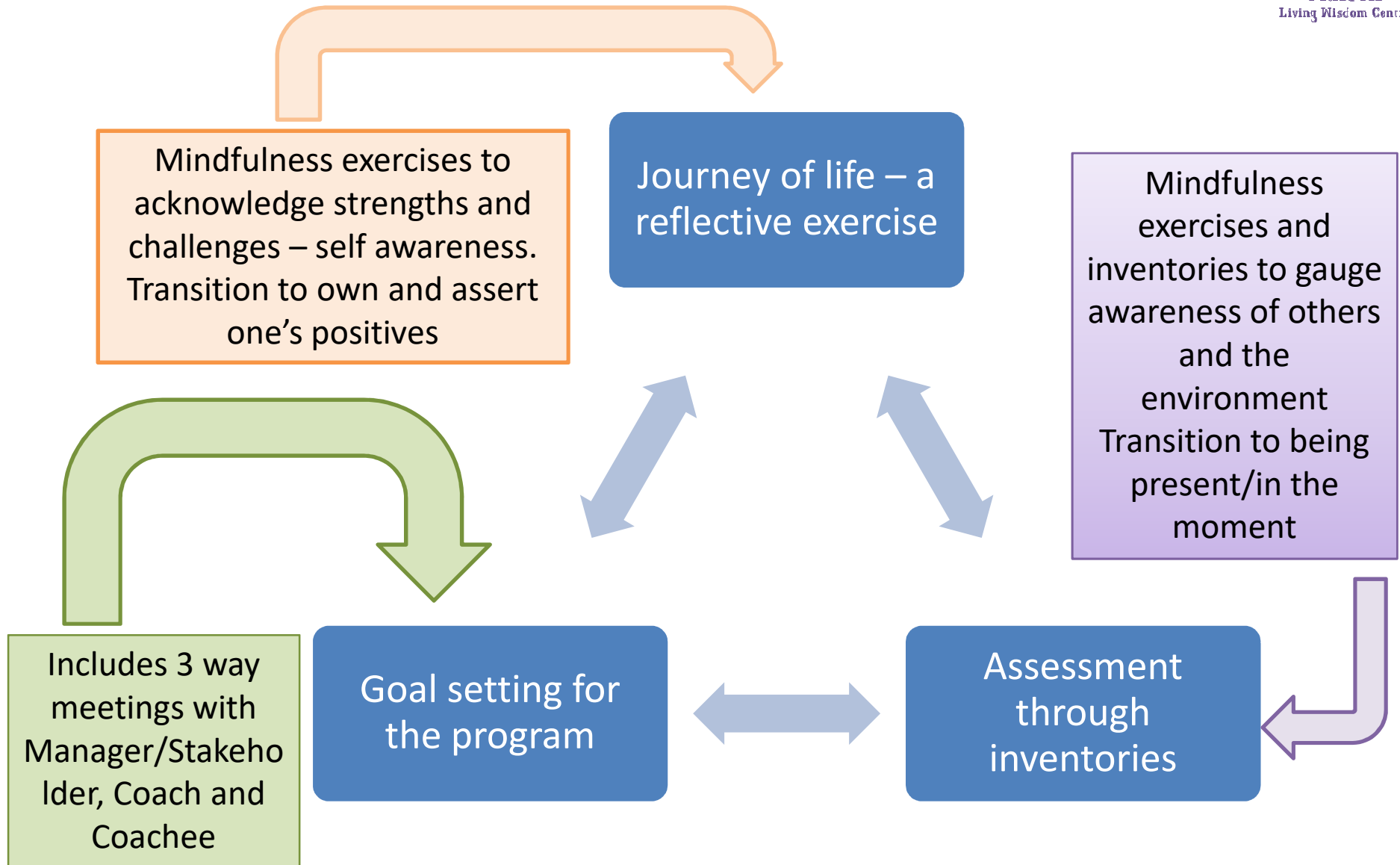
Day-wise across 10 sessions

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

Decipher  
thoughts, needs,  
feelings

- Thoughts vs. Feelings
- Identify thoughts, needs and feelings of self and others

Work through  
fears, anger,  
stress and other  
negativity

- Develop a tool kit e.g. Emotional Freedom Technique, BreathWork to release emotions in safe ways
- Show grace under fire

Channelize  
emotions in  
positive ways

- Balance intellectual data with emotional appeal to influence audiences
- Apply tools of self care

# 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



# 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

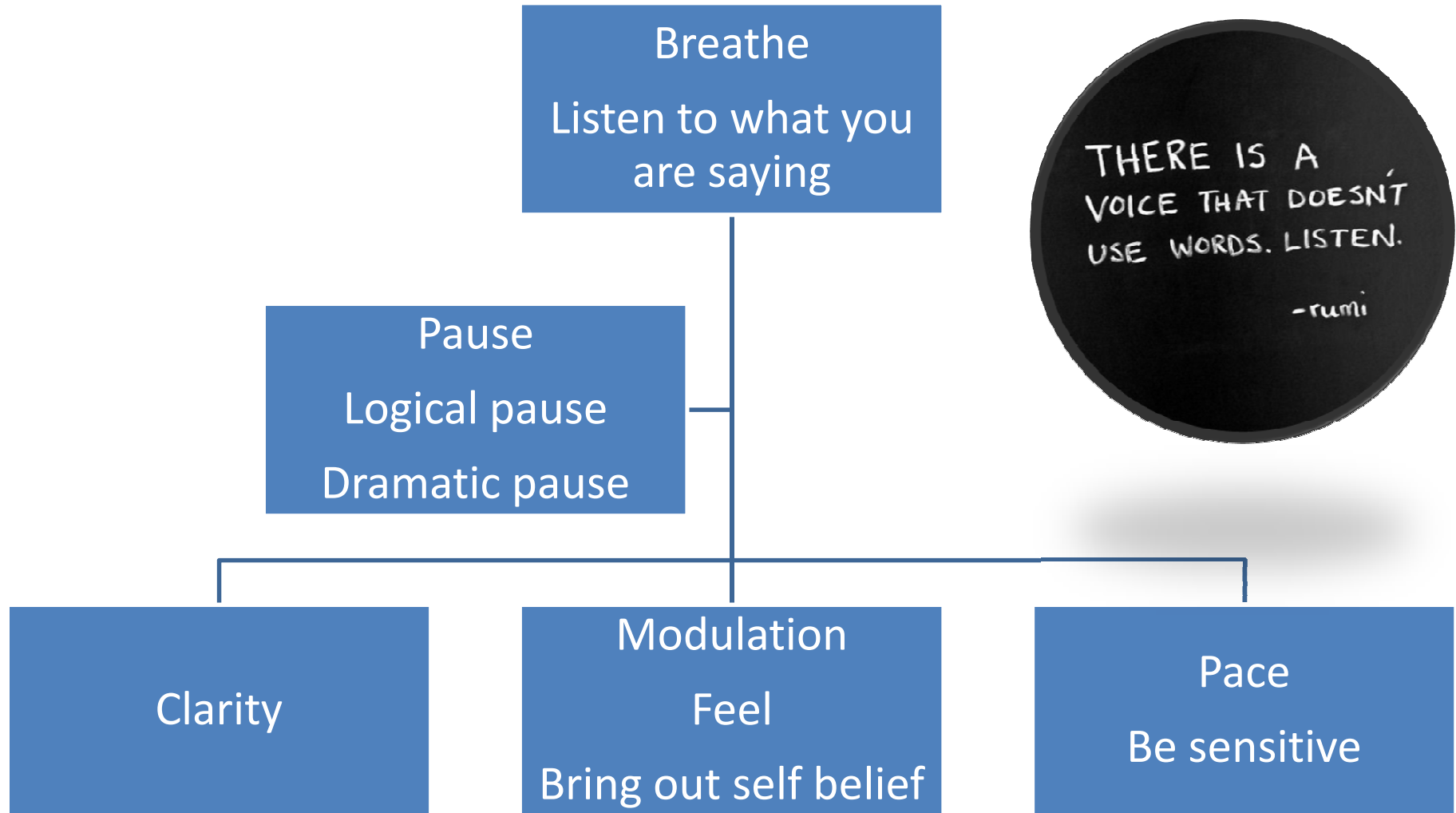
## Presentations

- 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 ... ..

uniphore



Microsoft



Neona



Mercedes-Benz



Nutrition Society of India



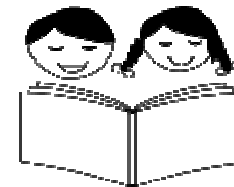
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AARTI  
Helping Girls Help Themselves



*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!

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