

Connect Better for Successful Life,  
Professionaly And Personally.



2019 Start Thriving In Life By Collaborating

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# CONNECT BETTER

Basic Level Programme



## INTRODUCTION

The power packed programme has been designed to help you and your partner/team member to understand and learn various concepts from the fields of neurosciences and emotional intelligence for enhanced collaborating and influence on others.

You will be in a position to apply learnings in your personal and professional life to connect better and have better relationship in your world. You will develop not only leadership but power skills as well .

The programme will benefit Leaders, Aspiring Leaders, New Leaders, Managers ,Team Leaders, Professionals, Young Adults,Any individual 16+ years old, who are desiring to connect better with people in both personal & professional lives.

The programme will support you in improving your relationships and communication skills and thus reducing arguments/conflicts.

## PROGRAMME STRUCTURE

The programme is divided into 6 parts

**Part 1 - Training Session** lasts for 90 mins.

**Part 2 - 1 to 1 Coaching session** lasting for 60 mins, which support you in implementing you're learning in your real life situation.

**Part 3 - 1 to 1 Coaching session** lasting for 60 mins which support your partner/spouse/team member/16+ years in implementing their learning in the real life situation.

**Part 4 - Coaching session** with the two of you to enhance your communication & relationship, lasting 60 mins

**Part 5,6 - 1 to 1 Follow up Coaching session** lasts for 30 mins for each participant, which supports you in handling the concerns you face while implementing your learning in real life/work.

## CONNECT BETTER EMPOWERS YOU WITH

### **2X Boost in Self-Confidence.**

Greater confidence with peace of mind, will support you in creating better relationships and new success stories for this challenging today.

### **3X Increase in Communications Skills.**

This will reduce the number misunderstandings happening due to ineffective communications and will improve your relationships along with influence on others.

### **2X Reduction in Stress Levels.**

Lower stress levels will maximise your motivation, productivity and health. This makes you feel more powerful as you gain back control over your life. You will find yourself, collaborating frequently with others as well.

### **Develops your skills for creating life long relationships and connections.**

You will create a positive change in your life by improving your thinking. With a new perception you will be in a position to better interpret the situation causing the argument .You will solving with repeated practice be in a position to start responding rather than reacting to situation and circumstances.