



"We show delegates how professional work habits can lead to better management of their image and thereby use it as strong differentiators in their role efficacy"

" Be the Change you WANT to see in the WORLD "

- Mahatma Gandhi



**Tanishqa Quintessence
Management Services**

TQMS Global is
recognized member of
IFTDO and ISTD



Certificate Course On Personal Change



Target Audience

"There is no magic Formula to Personal Change. Each Persons journey is unique"

Open to all Working / Non working Professionals

Methodology

- Case Analysis
- Presentation & Energizers
- Assignments
- Journal Work

Contact us

KINNESQUI Training Centre
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Objectives

This program simplifies principles of personal change for individuals' who would use GOAL MANAGEMENT to their advantage. Trainer will elaborate the role of principles as the FOCUS to achieve Personal / Professional GOALS. The program presents the principles as an approach rather than a set of behaviours.

Benefits

- Be more productive than ever been, through the priority management system
- Control chaos to be used in professional life
- Develop Organizational skills and eliminate bottlenecks and miscommunication using evaluation techniques
- Meet more deadlines by systematizing individual tasks and entire projects
- Manage multiple demands, tasks and Projects with a proactive approach, maximize what can be accomplished during the day with specific planning tools
- Eliminate chronic job stressors with proven techniques and handle unexpected demands without panic
- Stay on top of deadlines by identifying the priorities of others
- Delegates will utilize principles of assertiveness

Key Coaching Topic

Know thy Talent, Attitude, Skill, Knowledge (TASK) and Habits that makes one successful

Self-awareness enables us to stand apart and examine the way we see ourselves. The session will help the delegates to explore the logical and psychological behavior during various human interactions. Understanding of varied perception / emotions / personality & learning styles.

Mastering the Goal Management Process

Clarity in goals brings clarity in roles. The delegates are motivated to measure the intent of their goals in personal and professional life. Delegates are motivated to explore and evolve their goal list in different areas. The Life Wheel Analysis helps them to stretch their paradigm of human thoughts and explore possibilities of their own contributions.

Upgrade the software of mind

Delegates rewrite their program with reference to five dimensions i.e. Physical, Spiritual, Mental, Emotional and Social and draw their action plans with written commitments.

Organize / Strategies Priorities

Based on the 'life wheel' concept, each individual is motivated to experience the stretch that allows them to organize and set their own priorities. Delegates are provided with inputs on ways and means to organize their goals with the help of various sub activities / resources

Principles of Professional Communication

Communication is the most crucial skill in life. In order to interact effectively and to influence others, we need to understand them. We have to build the skills of four different levels of listening on a base of character that inspires openness and trust.

Managing Winspirational Negotiations

Through games on trust / resources, every individual gets an understanding of the transaction and transformational principles of Human as well as Assertive Interaction. Delegates will demonstrate the principles of human interaction with 4 varied human interaction paradigm.

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Venue:
Kinnesqui Training Centre

Program Marketed By

Duration:
36 hours
Three Months,
Once a Week,
Evening/ Weekend
Sessions of 3 hours each



Kinnesqui

*Connecting body, mind & soul
A division of TQMS*

