

# THE COMMUNICATION EXPERTS WITH HUMAN TOUCH

UAE - LEBANON - QATAR - GERMANY



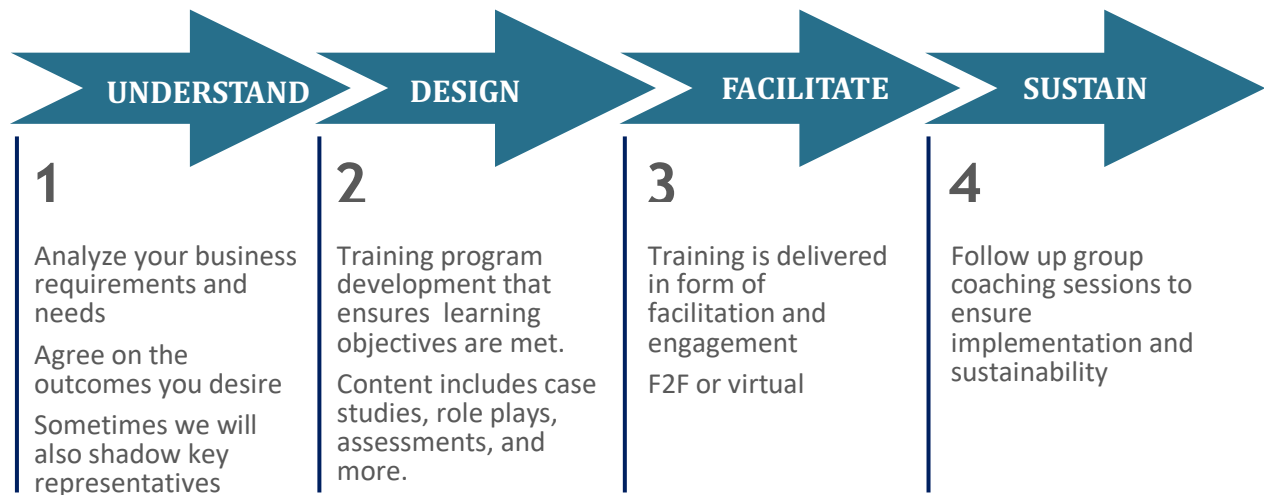
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## Diversified Personalities in the Workplace

## The MYP process



## 1. Agile Leadership

*“Insanity is doing things over and over again, and expecting different results”*  
~ Albert Einstein

Agility is knowing how to adapt to various situations, people, work and life challenges and cultures, in order to make the changes that will get you better results.

This program aims to equip participants with a growth mindset for themselves, and also for them as leaders in order to get the best out of their team.

### Objectives:

- Understand the importance of an Agile work style
- Learn how to communicate effectively
- Experience the power of collaboration
- Develop a growth mindset
- Understand how change preferences affect agility and learn how to utilize these preferences effectively within your team
- Understand how to lead your team according to their styles and needs

## **2. Training details – 2 days**

### **Day 1**

- Importance of Agility in Today's world of VUCA
- Change and Transition
- Adapting to change
- Responding to change
- Agile Mindset
- Enhancing adaptability and creativity
- Discover your change preference style

### **Day 2**

- Effective Communication
- Tools and techniques for transparent communication
- Feedback
- Breaking down silos and fostering teamwork
- Growth mindset
- Agile Leadership
  - EI leadership styles
  - Supporting a culture of trust, collaboration, and continuous improvement
- Identifying areas for improvement and implementing change
- Kaizen

### **3. Methodology**

*"I hear and I forget  
I see and I remember  
I do and I understand"*  
**~Confucius**

This is a highly experiential and interactive program. The session will include:

- PowerPoint Presentation
- Games and Group Activities
- Group discussions
- Tools/models
- Stories/videos
- Role plays
- Self discovery/reflection
- Personal action plan

### **4. Participants:**

Maximum: 12

### **5. Investment**

Our daily rate is 5000 USD, based on a one-off, 1 day training only.

This day rate will reduce and is adjusted according to the number of training sessions/days/batches.

The rate includes a thorough briefing, discovery interviews, customized design with unlimited changes.

## 6. Mind Your Power Portfolio

Mind Your Power is a holistic consultancy, focused on the wellbeing of employees to ensure effective communication and interaction in all walks of life and on all levels.

We base most of our very interactive and hands-on workshops on Neuro-Linguistic Programming, Emotional Intelligence, and Human Psychology and add a bespoke design to fit your needs.

Below are some of our delivered workshops:

- NLP for business
- Unconscious Bias
- Balancing work and Life
- Selling as Non-Sales professional
- Empowered Women in business
- Embracing a new Culture
- Leadership Excellence
- Communication Skills
- Solution Selling
- Emotional Intelligence
- Motivational Leadership
- Effective Team Work
- Team building
- Effective and emotionally intelligent teaching Skills
- Presentation Skills
- Stress Management
- Family Management
- Interpersonal Skills
- Cross-Cultural understanding
- Coaching Skills
- Complaint Management
- Customer Service with NLP
- Communication in times of trauma
- Empathic Customer Service
- Trust
- Relationship Management
- Effective teaching and leading
- Train the trainer
- Patient communication
- Negotiation skills
- Mindfulness
- Solution orientation
- Communicating with different personality types
- Emotional Intelligence for wellbeing
- Change and resilience
- Mindfulness
- Coaching Skills
- Developing a Growth Mindset
- Harmonious Family Communication
- Your inner critic
- Communicating positively
- Motivation for success
- Laughter Yoga
- Leading with Emotional Intelligence
- Diversity & Inclusion
- and of course many more Customized topics

Our clients include:

						ORTHOCARE LEBANON
						STRATA للخدمات A Makana Company

## 7. Your Trainer



**Mona Abdulrahim-Santl**  
**Managing Director Mind Your Power LLC**  
**Trainer, Facilitator, Coach, Therapist**  
**Member of ATD, NGH, NFNLP, AUNLP**  
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With an extensive training and knowledge in communication skills and customer service, Emotional Intelligence and NLP, Mona has successfully conducted numerous trainings at a wide variety of large and small organizations around the world. She has a keen sense to identify the factors that hinder the positive development of groups and individuals alike, whether intra- or inter-personal, and does so with creative techniques, along with a contagious passion, compassion, diplomacy and motivation. All of these have led to significant positive changes to the groups and individuals she has trained and coached.

With a background in natural Psychology, Mona has always believed in the power of the mind and the ability of utilizing that power to unfold the full potential.

She holds certifications in Hypnotherapy as Instructor, NLP as Instructor, Train the Trainer, DISC, Workplace Big 5, ISI Influencing Styles, CSI Change Style Indicator, FIRO-b and FIRO Business, ACTEE, Kinesiology, EFT, Pranic Healing, Emotional Intelligence, Pain Management, Transactional Analysis and Hypno-Coaching, amongst others.

She is the founder of the international program “Hypno-Parenting” and has worked with International Schools, training parents, and also academic staff in the art of effective communication.

Coming from an Arabic-European background, having lived in several countries and continents, and being fluent in 4 languages, Mona epitomizes the flexibility and understanding needed to adapt her training style to cultural, unique and individual needs.

Mona appears regularly in TV interviews, and has inspired audiences speaking at industry events in Boston, Las Vegas, Zurich, Berlin and London, and corporate events in the UAE, Bahrain and Lebanon.

She has worked with below organizations, independently as well as in association with major consultancies:


We are excited to work with you!



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