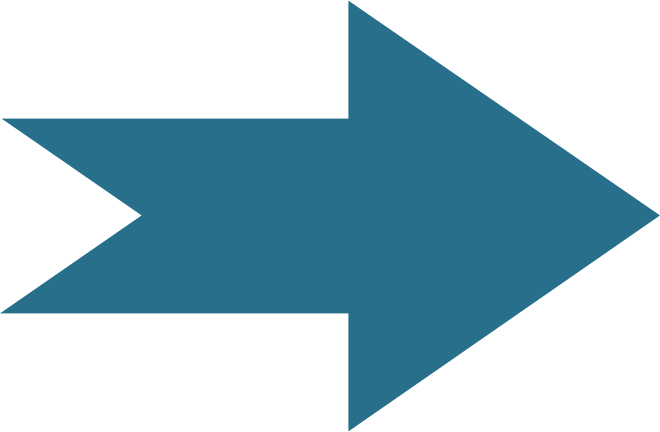
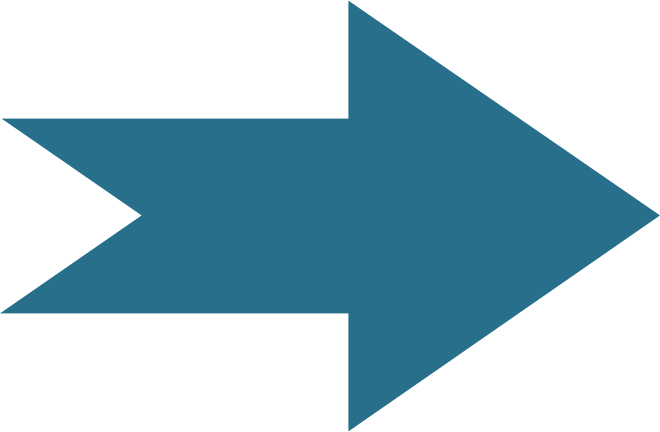
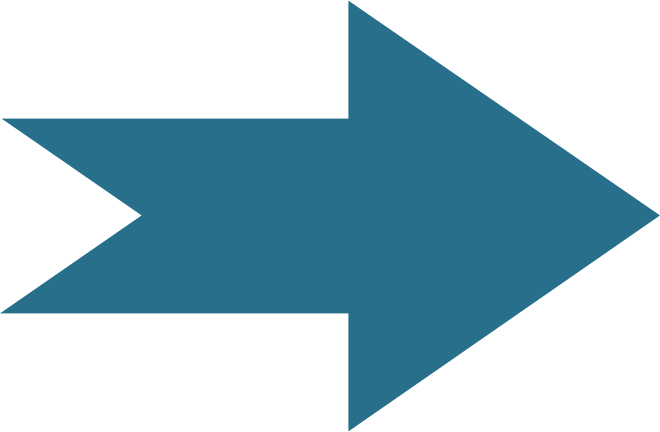
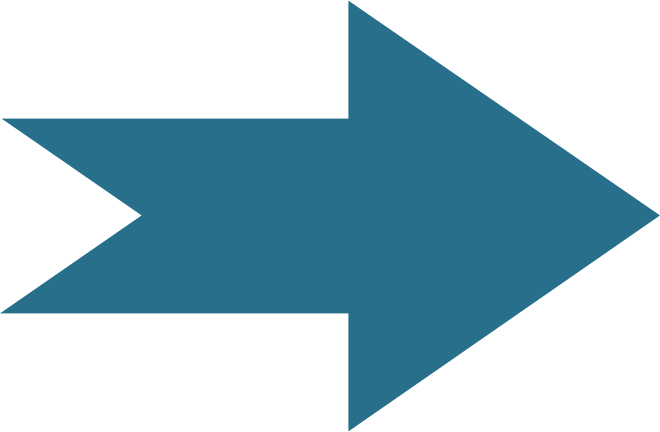
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| |  |  | | --- | --- | | **THE COMMUNICATION EXPERTS**  **WITH HUMAN TOUCH**  **UAE - LEBANON - QATAR - GERMANY** |  | | [**www.mindyourpower.org**](http://www.mindyourpower.org)  [**info@mindyourpower.org**](mailto:info@mindyourpower.org)  **+971 56 3554982**  **+971 6 5012035 ‬**‬  [301 Moved Permanently](https://www.facebook.com/MINDYOURPOWER/)  [LinkedIn logo PNG images free download](https://www.linkedin.com/in/mindyourpower/) [Instagram-v051916_200](https://www.instagram.com/mindyourpower/) [YouTube Icon | Google Play Iconset | Marcus Roberto](https://www.youtube.com/user/mindyourpower) [Twitter-icon.png-300x300 ⋆ SmartFXTrader.com - Forex ...](https://twitter.com/MINDYOURPOWER) | The Eternal Oneness Is Within The Universal Mind | |
| **Leadership**  **Excellence** |

**The MYP process**



**UNDERSTAND**

**DESIGN**

**FACILITATE LEARNING**

**SUSTAIN**

Analyze your business requirements and needs

Agree on the outcomes you desire

Sometimes we will also shadow key representatives

Training program development that ensures learning objectives are met.

Content includes case studies, role plays, assessments, and more.

Training is delivered in form of facilitation and engagement

F2F or virtual

Follow up group coaching sessions to ensure implementation and sustainability

**1**

**2**

**3**

**4**

3

1. **Leadership Excellence**

* Understand the roles of a leader
* Discover the styles of effective leadership
* Embrace a Mindset of Agility and Growth
* Be more aware of yourself and others
* Increase your Emotional Intelligence
* Build professional relationships built on trust
* Build rapport for better understanding
* Communicate more effectively and empathically
* Resolve conflicts with a win-win outcome
* Manage and Lead Change effectively
* Manage stress better
* Emrace a culture of feedback
* Practice delegation for developing your team
* Incorporate coaching into your routine for continuous improvement
* Learn ways to Motivate and engage your team

**Milestones**:

1. **Training details**

**Pre-Work**

* Your Leadership Challenge

**Module 1: The Leader’s Self-Discovery– 3 days**

**Day 1**

* + What kind of Leader am I?
  + Situational Leadership: directing, coaching, supporting, delegating
    - Simulation Activity
  + Leadership vs Management

**Day 2**

* + Emotional Intelligence
    - Self-Awareness
    - Managing my behaviors and emotions
    - Social and Cultural Awareness
  + Using the DISC model to understand others
  + EI Leadership Styles

**Day 3**

* + Managing a team – Competencies & Attributes
  + Cultural Intelligence
  + Diversity and inclusion
  + Giving and Receiving Feedback

**Module 2: Communicating Leadership – 3 days**

**Day 1**

* + Effective Communication skills
    - Listening skills
  + Leading performance and Development Conversations
  + Role plays
  + Motivation
  + Rewards and Recognition

**Day 2**

* + Effective Delegation
  + Role plays
  + Alignment, Autonomy and Trust
  + Zoom – activity

**Day 3**

* Coaching Skills
  + What is coaching?
  + The GROW model
  + Questions are the Answer
* Development of personalized action plans for Leadership Challenge
* Peer Coaching

**Module 3: Leading in times of Change and Conflict – 3 days**

**Day 1**

* The Growth mindset
* Managing Conflicts
* Styles
* The Win-Win outcome

**Day 2**

* Change activity
* Managing and Leading Change
* Understanding the effects of change on people
  + The Change curve
* Managing Resistance levels
* Change Styles

**Day 3**

* Your Leadership Culture
  + Creative Activity
* Continuous learning – KAIZEN
* Review of key learnings from the training program
* Accountability & Commitment
* Evaluation

**Ongoing Support:**

To help ensure that the attendees are implementing the learning into the workplace, we will be offering

* A refresher session for the entire batch after 6 weeks. This session will offer the participants opportunities to refresh the learnings and share challenges and successes
* 2 groups coaching sessions for each participant. These sessions will allow the participants to monitor their progress while also sharing challenges and success stories

Bottom of Form

Top of Form

Bottom of Form

1. **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

1. **Participants:** Maximum: 15
2. **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.

1. **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
* 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
* Empathic Customer Service
* Trust

Our clients include:

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1. **Your Trainer**



**Mona Abdulrahim-Santl  
Managing Director Mind Your Power LLC**

**Trainer, Facilitator, Coach, Therapist**

**Member of ATD, NGH, NFNLP, AUNLP**

[**mona@mindyourpower.org**](mailto:mona@mindyourpower.org)

**+971 56 3554982**

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:

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| Emirates News Agency - UAE remains fully committed to Declaration of  Cooperation &#39;OPEC+&#39;: Ministry of Energy and Infrastructure | A blue cow logo  Description automatically generated | Omani logistics giant ASYAD Group reports record growth for H1 - Logistics  Middle East | A purple circle with text  Description automatically generated | A close up of a logo  Description automatically generated |  | Saudi National Bank (SNB) - PNG Logo ... | A logo with a bird and text  Description automatically generated | Bank AlJazira | Brands of the World ... | A green and grey logo  Description automatically generated |
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|  | NATIONAL DEBT MANAGEMENT CENTER | Agthia Logo Download png | Dubai Duty Free Vector Logo - Download Free SVG Icon ... | News | Home - Strata |  | Leadership Team | Diriyah Gate Development Authority | Fawaz Abdulaziz Alhokair Co. announces plans to reopen stores in Saudi  Arabia from Wednesday 29th April | ADFD funds and investments in developing countries exceed AED 83 billion -  Media IN |

Monitoring Version)

We are excited

to work with you!



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