

Reach the Pinnacle of Corporate Success

The Tranquil Minds Way

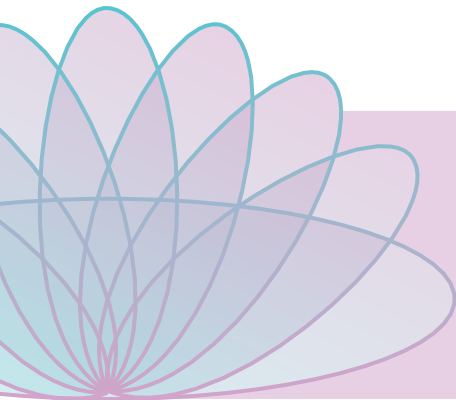




Preamble

India, the land of a million mutinies and a zillion opportunities. We have worked hard to realise the dreams of our founding fathers. In the last 70 years, we have taken massive strides in all spheres of life, be it in education, healthcare, information technology or aerospace engineering. Today we launch satellites for many

nations and have even reached Mars. All these achievements are a manifestation of an inner thought, a drive, a yearning to do better. But have we given up the exploration of our inner selves somewhere along the way? We have mastered so many of our external spaces, now is the time for us to look inwards.



Our external realities are a projection of our inner selves - the space that we call our mind. In fact, our minds make us who we are and who we shall be. Our thoughts and perceptions influence our experiences, values, feelings and relationships. A meaningful exploration of this inner self is an essential requisite to realise our true potential. Organisations, like individuals, have their own inner spaces which need to be explored and understood, in order to prosper and flourish.

We at Tranquil Minds understand how the mind works. We provide unconditional and non-judgmental spaces to explore the inner self and facilitate transformation. In order to do this, we combine the collective intuitive wisdom

of our ancient past with modern scientific rigour.

Tranquil Minds is the culmination of the extensive experience of psychological and behavioural experts. Our team has a combined professional experience of over 5 decades. During this period, we have helped numerous individuals and organisations realise their potential through exploration of their inner selves. Our unique **NIXX** methodology is an ideal platform to launch individuals and organisations into successful trajectories. Fostering meaningful relationships with oneself, people around and nature at large, form the cornerstone of our approach. Tranquil Minds takes pride in formulating non-linear solutions to complex human situations that emerge within organisations.

Come and experience
the joy of transformation
The Tranquil Minds way



Trust

Participants will develop an understanding of the role of trust on efficiency and productivity. This module will empower the participants with tools to create a mutually trusting environment within the organisation.

Trust: The glue that binds	
Aims and Objectives	To create and foster a trusting work environment.
Group size	6-10 participants
Methodology	NIXX principles
Format	<p>Setting the Context: Narrative / Story / Vignette (30 minutes)</p> <p>Engagement exercise: Elicit and explore participant experiences of trust issues. (45 minutes) (45 minutes)</p> <p>Workshop: A hands-on psychodrama based experiential workshop, aims to facilitate an understanding of the nuances of trust in the organisation. (3 hours)</p>
Outcomes measure	At the end of this session, participants will develop an understanding of the importance of trust, trust in the workplace, and be an agent for change within the organisation.



Relationships

This module aims to promote mutual respect for opinions, harmony, collaborative thought, recognising each others' areas of expertise and building positivity within the organisation.

Relationships: They give meaning to your world

Aims and Objectives	To foster an understanding of positive relationships at work.
Group size	6-10 participants
Methodology	NIXX principles
Format	<p>Setting the Context: Narrative / Story / Vignette (30 minutes)</p> <p>Engagement exercise: Elicit and explore participant experiences of relationship issues. (45 minutes)</p> <p>Workshop: A hands-on psychodrama based experiential workshop, which aims to demonstrate how the absence of positive relationships can create a hostile work environment, and how it can impact the organisation. (3 hours)</p>
Outcomes measure	Participants will understand the importance of positive meaningful relationships at work and will translate this learning into actionable points for others to emulate.



Ambition

Ambition is the fire inside you that drives you to achieve your goals. It encompasses internal drive, determination and motivation. An organisation without ambition is like a ship without wind in its sails.

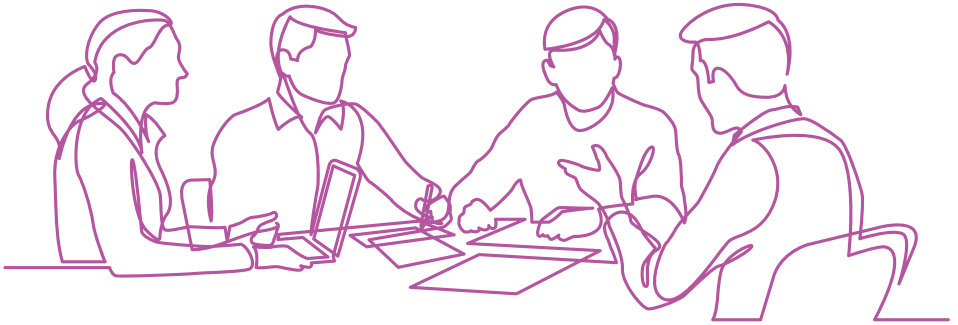
Ambition: March on	
Aims and Objectives	To convert inner ambitions into reality.
Group size	6-10 participants
Methodology	NIXX principles
Format	<p>Setting the Context: Narrative / Story / Vignette (30 minutes)</p> <p>Engagement exercise: Elicit and explore participants' own ambitions, bottlenecks and their success stories. (45 minutes)</p> <p>Workshop: An experiential workshop that challenges your inner limitations, aiming to draw out the power of ambition, and how to nurture it. (3 hours)</p>
Outcomes measure	At the end of this module, participants will draw inspiration from narratives discussed and drive the organisation to achieve new heights.



Negotiation

The art and science of human engagement is knowing when a compromise or agreement is reached, avoiding dispute. Negotiation skills create win-win outcomes through engagement, with some negotiators winning more than others.

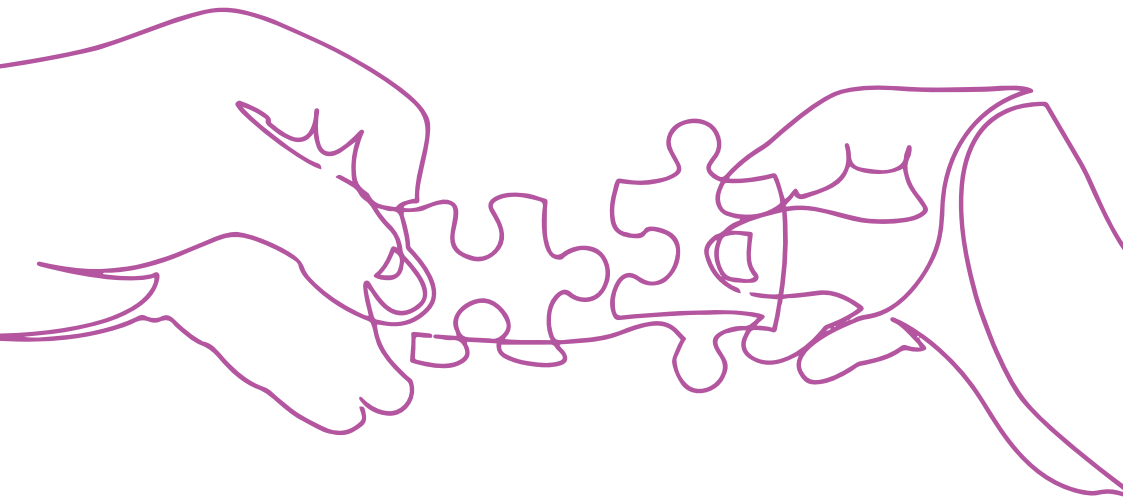
Negotiation: The art of not going to war	
Aims and Objectives	To master the subtleties of successful negotiations and create win-win situations.
Group size	6-10 participants
Methodology	NIXX principles
Format	<p>Setting the Context: Narrative / Story / Vignette (30 minutes)</p> <p>Engagement exercise: Elicit and explore participants' experiences of negotiation, bottlenecks and their success stories. (45 minutes)</p> <p>Workshop: Participants will engage in mock negotiation deals and identify the dos and don'ts of negotiating. (3 hours)</p>
Outcomes measure	At the end of this module, participants will learn where to negotiate, how to negotiate and what to negotiate with, within and without the organisation.



Adaptability

Adaptability is making yourself fit into changing environments. This module will teach participants about the importance of being adaptable in constantly-changing organisations and introducing tools to recognise early signs of change.

Adaptability: Change or perish	
Aims and Objectives	To equip participants with tools to work through the change-cycle, and adapt accordingly.
Group size	6-10 participants
Methodology	NIXX principles
Format	<p>Setting the Context: Narrative / Story / Vignette (30 minutes)</p> <p>Engagement exercise: Elicit and explore participant experiences of adapting, not-adapting, and consequences of the same. (45 minutes)</p> <p>Workshop: A hands-on psychodrama based experiential workshop, aiming to demonstrate how timely adaptability enhances survival of and within an environment. (3 hours)</p>
Outcomes measure	By the end of this module, participants will be able to understand that change is inevitable for organisational success, to recognise early signs of this change and adapt accordingly.





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