

Building Resilience & Agile Mindsets

A Half-Day Interactive Workshop to Strengthen Adaptability, Lead with Clarity and Thrive through Change

Date: 28th Feb, 2025 (can start since this date)

Time: 11:00 AM onwards

Venue: Online/ Offline

INTRODUCTION

The world today is full of real time advancements and with it comes opportunities as well as distractions. “Building Resilience & Agile Mindsets” is a neuroscience and NLP-based experiential workshop designed using triad of expertise:

- Neuro Linguistic Programming (Power of Sub Conscious Mind)
- Performance Psychology (Power of Beliefs and Thought Patterns)
- Law of Attraction (Power of Affirmations and Manifestation)

The program is aimed at helping professionals and entrepreneurs strengthen emotional agility, respond effectively to uncertainty, and build sustainable high-performance habits. This program equips participants with practical tools to shift from reactive patterns to empowered decision-making, even in high-pressure environments.

OBJECTIVE OF THE WORKSHOP

To enable professionals and entrepreneurs build mental resilience and agile thinking that drives confident, clear, and resourceful decision-making in dynamic environments; and

To equip participants with practical NLP tools that support adaptability, sustained performance, and growth through change.

METHODOLOGY

- Highly interactive and experiential format
- Minimal theory with strong workplace relevance
- NLP-based mindset reconditioning techniques
- Guided self-reflection exercises

- Group discussions and peer activities
 - Action-planning worksheets (Practical tools for immediate on-the-job application)
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KEY FOCUS AREAS

- Understanding the Neuroscience of Stress & Adaptability
 - Identifying Limiting Beliefs & Reframing Internal Narratives
 - Emotional Regulation in High-Pressure Situations
 - Cognitive Flexibility & Decision-Making Under Uncertainty
 - Building Psychological Safety & Growth Culture
 - Strengthening Self-Leadership
 - Developing Solution-Oriented Communication Patterns
 - From Fixed Mindset to Agile Leadership Thinking
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LEARNING OUTCOMES

Participants understand how to:

- Recognize and regulate emotional triggers effectively
 - Shift from problem-focused to solution-focused thinking
 - Demonstrate adaptive responses during change or crisis
 - Reframe setbacks into strategic growth opportunities
 - Build mental stamina for sustained performance
 - Enhance clarity, confidence, and communication impact
 - Develop a personalized resilience action plan
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WHO SHOULD ATTEND

(Open to participants from all industries)

- Mid to Senior-Level Managers
 - Team and Emerging Leaders
 - HR & L&D Professionals
 - Corporate Teams undergoing transformation
 - Startup Founders
 - Women Entrepreneurs navigating growth transitions
 - Professionals seeking personal leadership development
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FACILITATOR

Nivedita Singh

Transformational Guide | Empowering Mental Well-being for Organizations, Individuals & Families | Catalyst for Conscious Well-being

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