

Residential 48 hrs Military Grooming & Leadership Development Workshop 11-13 December 2015

- Lt Col(R) Dr Samir Rawat, Psychologist & LD Soft Skills Facilitator

To ensure that an individual gains a competitive advantage in personal and professional growth, learning opportunities need to involve more than just skill development. This involves viewing training & development as a continuous learning to build intellectual capital which includes basic skills needed to perform a given job, advanced skills like using technology to share information with others in the team as well as an understanding of self, team members, the environment and its dynamics This program would cater to providing opportunities for learning and developing young future leaders on the threshold of entering college with behavioral modules that are projected to bring about a change in their personalities, by creating a conducive environment for their optimal growth . To this extent, the goal of this workshop would be to empower young clients attending the workshop to master the knowledge, skills and behavioral competencies in identifying and resolving challenges they face when they transition to college and then the real world.

Workshop Theme

In this dynamic and highly demanding environment, the need to be aware of challenges the present generation face and develop competencies to deal with them becomes extremely important. This necessitates customized professional training to deal with the demands that come their way. This workshop is a 48 hour orientation program spaced out over three days to have a better understanding of diverse challenges young adults face and skills to deal with the challenges that face them. The journey from demands of the environment to own stressors and developing capacities will be done through self realization and experiential learning through an admix of minimum theoretical input, active participation, role plays and exercise based activities conducted as outbound training with handouts and learning material provided as takeaways.

- 48 Hrs workshop Training Activities & Objective based modules.
- Training Takeaways (Handouts and learning material)

Day Minus 1 (11th December 2015)

1700-1800hrs	Registration & Tea, Meet and Greet with Icebreakers
1800 -1830 hrs	Opening address & SOP/Expectations
1830 -1900hrs	Learning new cognitive skills in Transition from Adolescence to Young Adulthood and Challenges to new found freedom
1900-2000hrs	Effective Time Management
2000-2030hrs	Learning, Unlearning &Relearning - Acquiring Desirable leadership Traits and seeking Responsibility
2030-2100 hrs	Independent and Divergent Thinking & Rational Decision Making
2100 -2130 hrs	Dinner
2130-2215hrs	Balancing Peer pressure, Parental Control and social influences with Own Aspirations to form Own Unique Individual Identity
2230 hrs	LIGHTS OUT!

Day ONE (12th December 2015)

0530-0730hrs	MORNING ACTIVITY
0730-0800hrs	Personal Grooming, Hygiene, Dining table etiquettes
0800-0830hrs	Breakfast
0830-0900hrs	Shattering our Irrational Beliefs
0900-0930hrs	Realistic Expectations and Self Management
0930-100hrs	Self –Acceptance vs. Conformity to Peer Group
100-1030hrs	Enhancing own self concept, self esteem & self efficacy
1030-1100hrs	Self Regulation of lifestyle & health related behavior (Incl. psycho - social risk factors)
1100-1115hrs	Tea Break
1115 -1330hrs	Applying EI –Emotions, feelings, Attitudes
1330-1430hrs	Lunch Break
1430-1600hrs	Attitude Formation & Impression Management
1600-1615hrs	Tea Break
1615-1730hrs	Motivation for Optimal Performance
1800- 1900hrs	Gender& Socio -Cultural Sensitization, Selecting friends /Acquaintances and healthy Relationships.
2000-2100hrs	Group Team Building activities
2100-2130hrs	Dinner
2130-2200hrs	Confidential Counseling & Mentoring

Day TWO (13th Decemeber 2015)

0500-0630hrs	MORNING ACTIVITY
0630 -0730hrs	Experiential Sport Activity
0830-0900hrs	Breakfast
0900-1000hrs	Communication skills with emphasis on Active Listening
1000-1100 hrs	Empathy, Forgiveness & Assertiveness Training
1100-1115hrs	Tea Break
1115 -1300hrs	Performance enhancement -KASH
1300-1330hrs	Nurturing Pleasing Habits
1330-1430hrs	Lunch Break
1430-1600hrs	Creativity, Innovation & Problem Solving
1600-1630hrs	Dealing with Anger, Aggression, Anxiety, Frustration and Stress
1630-1730hrs	Coping with Challenges & Stress Inoculation Training
1730-1830hrs	Valedictory followed by Tea Break & Break out with renewed vigor

Broadly cater to cover following aspects:

- **Personal Growth and Self Help , Grooming and personality, Etiquettes**
- **Public Speaking , Taking part in Group Discussions with ease**
- **Handling Interviews confidently , Acquiring effective Presentation Skills**
- **Effective Time Management**
- **Realistic Expectations and Self Management**
- **Self Confidence , Self Motivation , Self Esteem , Attitude Formation & Impression Management**
- **Applying EI –Emotions, feelings, Attitudes**
- **Intra personal & Inter personal Communication with emphasis on Active Listening , Body Language and Non Verbal communication**
- **Conflict Resolution and Management –Intra personal & Interpersonal**

- **Assertiveness Training & Improving Communication Skills**
- **Cultural sensitivity & Gender Sensitivity ,Empathy & Forgiveness**
- **Performance enhancement –KASH & Motivating for Optimal Performance**
- **Leadership ,Group Dynamics & Team building**
- **Stress Optimization and Stress Inoculation Training**

VENUE @PUNE, Commercials INR 25 K, Seats limited on first registration basis

MODE OF PAYMENT: DRAFT@/CHEQUE*/ ONLINE TRANSFER #

@ Payable at Pune/ *Subject to timely Realisation of cheque/ # Please mention transfer details in mail

Bank Details:

Name of Beneficiary: Lt Col (R) Dr Samir Rawat

ACCOUNT NO: SAVINGS A/C No - 911010065389212

Name of Bank and Address: AXIS BANK, SACRED HEART TOWN ,WANAWADI,
PUNE- 411040

IFSC CODE: UTIB0000110

MICR CODE: 411211006

PLEASE BRING ALONG PASSPORT SIZE PHOTO & COLLEGE/WORK PLACE
PHOTO ID WITH SELF

ATTESTED PHOTO COPY WHEN ATTENDING WORKSHOP

FOR ANY CLARIFICATIONS /ENQUIRIES: Please feel free to connect at
samtanktrooper@gmail.com or call 09822799423/08550977575

Military Grooming & Leadership Development Workshop Registration Form

Please fill out the basic information and mail to samtanktrooper@gmail.com. The information is just for record; it will be treated as Confidential and NOT shared with anyone.

1. Name _____

2. Age _____

3. Gender – M/F _____

4. Edn. Qualification _____

5. Blood Group _____

6. Mobile No _____

7 Address with city _____

8. E-mail Id _____

9. Home/Guardian Contact No _____

10. Name of College/Institution/Organisation _____

11. From where did you hear about this workshop? _____

12. Any specific reason for attending this Workshop? _____

13. What are your Expectations from this three day residential, activity based, experiential learning workshop? _____

14. Are you suffering from any illness/Communicable disease/Allergies? _____

15. Dietary PreferenceVeg/ Non-Veg /Jain/Any other? _____

16. Any other information you would like to ask/ share /seek clarifications? _____
