

FEBRUARY 27, 2024

9:00 AM - 5:00 PM

Improving Performance Through

Neuro Agility

FEE:
PKR
15,000
(Plus Tax)

Course Contents

Introduction

- Facilitators Introduction
- Participants Introduction
- Setting Intentions

Introduction to Neuro Agility and Assessing Neurological Patterns

- Neuro Agility and emphasize its significance in personal and organizational performance improvement
- Establish the connection between Neuro Agility and enhanced overall performance
- Neuro assessments and tools used for self-assessment

Self-awareness and Cognitive Biases

- Practical techniques for identifying cognitive biases in oneself and others
- Explore strategies to mitigate the influence of cognitive biases in decision-making

Growth Mindset & Emotional Intelligence

- Overview of Growth mindset and learning agility
- Overview of Emotional Intelligence & Brain Science of Emotions

Effective Communication & Problem-Solving Strategies

- Explore communication styles and preferences
- Develop empathy and active listening skills
- Emphasize the importance of effective communication in Neuro-Agile
- Integrate neuro-agile approaches into practical problem-solving scenarios

Creating a Neuro Agile Action Plan & Closing

- Reflection on workshop learnings and insights gained
- Guide participants in setting goals for applying Neuro-Agile principles in their daily lives
- Assist in the development of personalized action plans for ongoing improvement

Facilitator

Ms. Shabeen Mazher, is an ICF-accredited ACC Executive Wellbeing Coach, Certified Professional Coach by CTA, Master NLP Practitioner accredited by ABNLP and Certified Corporate Trainer. She has around ten years of diverse work experience. Her core strength areas for trainings are around the topics of Emotional Wellbeing, Positive Mindset, Goal Setting, Result Orientation, Stress and Change Management, Culture Improvement and Development. Shabeen has facilitated several high impact workshops for many local and international organizations

