



“The Glory is
not in never
falling, but in
rising every
time you fall”

Know Thyself

3 days Programme on Personality Therapy

First of its kind Self Development Programme blending Oriental Vedic & Western approach to help you to re-construct your future through developing your Personality.

In the internet era, the job definitions are increasingly demanding as compared to what it was in the last 5 decades. Unlike the olden days, the modern job profile demands technical, people management and conceptual competency as against the traditional requirement which was limited to technical competency. It was the belief earlier that leadership qualities are required only for managerial positions. But today, irrespective of hierarchy, the need for leadership is exponentially increasing for successfully rising in the corporate ladder.

Our education system is such that it emphasizes more on building up the technical competency of individuals than building up the emotional competency. Every organization must remember that human beings are bundle of emotions, and therefore, they need to manage the head & hearts of the people. Managing the heads of the people leads to lack of emotional bank balance between the boss and subordinates. This ultimately results in attrition or ineffective usage of the human resources.

Data also reveals that those who have higher emotional quotient, with low or medium intelligence quotient, have still been very successful in climbing the corporate ladder. It has also been observed that those with excellent technical skills but poor emotional intelligence face a mid-term crisis in their career. They get stuck in the organizational hierarchy owing to lack of interpersonal skills.

In spite of many soft skills training programme designed and conducted in the industry, it did not alter the situation. The soft skill programmes such as communication skills etc, focuses on developing the superficial personality of the individual and does not bring in the inside out transformation of the person. The real leadership skills stem from the Emotional stability of the individuals which are not covered by any personality development programmes. As long as a person does not know his/her own blind spots, he has no redemption in his/her life.

In order to fill the above gaps Six Sigma Alchemy (P) Ltd. (SSA) has researched and developed a Leadership Development Programme entitled as **KNOW THYSELF**. The best of the west, such as behavioral models, is combined with the best of the east, such as meditation, and presented in a capsule form. This programme provides a lot of insight to the participant there by helping him/her identify the true self. This moment of truth creates a radical transformation in the personality of a person and prepares him/her for taking higher responsibility where people management and conceptual skills are important.

This programme is built on the paradigm that 'a Human Being is a **Process**, meaning - a possibility- and not a **Product** which is an end state!' The programme is designed to facilitate individuals to know themselves, identify the blind spots in their personalities and to bring inside-out improvements in their lives. For such of those who want to win, this programme will help them to take charge of their future as the 'Captain of their Soul' and will direct them towards their chosen destiny!

Workshop Objectives

- To help individuals to appreciate that they are the “Creators of their own Destiny”
- To create the awareness that limitations are self imposed
- To draw up an action plan for self development through Personality modifications
- To appreciate that interpersonal relationship is the key to Success
- To help Executives to develop leadership qualities to grow in corporate hierarchy

Programme Contents

- Why we are, what we are?
- Anatomy of the Human Personality
- Self development Model
- Self Assessment Workshop
- To create Self Awareness
 - Anxiety
 - Blocks
 - Self Esteem
 - Optimism/ Pessimism
 - Introvert-Extrovert
- To enable Self Control
 - Meditation
- To enhance Social Skills
 - Interpersonal Behavior
 - Assertiveness
 - Conflict resolution Skill

About Six Sigma Alchemy™ (P) Ltd.

Six Sigma Alchemy™ (P) Ltd. (SSA)- Business Excellence Enablers, is a provider of end to end solutions to different business organizations- Manufacturing, Service and Voluntary- for achieving profitability and growth. SSA is a professionally managed company run by highly qualified and experienced senior level management experts.

SSA's product line extends to organizational development solutions like Six Sigma Implementation in various organizations and Management System Certifications to International Standards such as ISO 9000, ISO 14000, OSHAS 18000, SA8000, TS16949, BS-7799, BS15000 etc. SSA is a lead player in promoting Six Sigma movement and other profitability improvement initiatives like Lean Manufacturing Systems, Value engineering, Business Process Management Systems (BPMS) etc. SSA has specialized in setting up Quality Management Systems and applying Six Sigma methodology to Quality Improvements in Manufacturing, Service, IT and IT Enabled Industries. SSA offers turnkey consultancy for Six Sigma implementation to leading large-scale corporates such as L&T, Bombay Dyeing, ICICI, ABN AMRO Central Enterprise Services Pvt. Ltd., Celetronix, Godrej Hi Care and others.

SSA regularly extends Trainings on Personality Therapy, Leadership, Six Sigma Black Belt / Green Belt training, suited to various Indian Industries.

Faculty

Mr N.C. Narayanan has over 36 years experience in various Professional Organisations and Consulting. He has been extensively involved in:

- Mentoring CEOs of various organizations
- Designing and conducting over 500 training programmes in HRD, Organisational Development, Leadership, Personality Growth Labs, Quality Management, etc for individuals and Corporate Clients
- Acting as a change agent at strategic and leadership levels in many Indian organizations to bring in transformation in mind-set.

Mr. N.C. Narayanan has been a keynote speaker in various associations mentioned below:

- 1) Indian Merchants Chamber
- 2) The Bombay Chamber of Commerce & Industry
- 3) The Council of EU Chamber of Commerce & Industry
- 4) The Indian Electrical & Electronics Manufacturing Association
- 5) The All India Plastic Manufacturing Association
- 6) Bombay Industries Association

Feedback

"The program is very comprehensive, thought provoking and motivating enough to make a difference in one's life. The practical insights that are imparted are worth adopting for living a peaceful and purposeful life."

*Mr. Shivanand R. Shettigar, ICICI Infotech, VP & Co. Secy.
Phone: 5592 8550; E-Mail: shivanand.shettigar@3i-infotech.com*

"'Know Thyself' helped me to identify the blocks within me and allowed me to work on the same. This in turn helped me to improve productivity and efficiency not only for myself but also for the entire team. The change was not easy, personal support and guidance received from the Faculty made it possible for me to achieve this otherwise Herculean task."

*Mr. Milind Waman Pradhan, Management Representative, ICICI Infotech,
Mobile: 98210 58977; E-Mail: milind.pradhan@3i-infotech.com*

Programme is Beneficial to

- Managers and higher level Executives
- Supervisors
- HRD Managers/ Executives
- Middle Management staff from any Department
- Improvement Managers
- TQM/ISO change agents/ Six Sigma
- Any one being prepared to take challenging responsibility

For further details please contact:

Six Sigma Alchemy (P) Ltd.

Business Excellence Enablers



ISO 9001:2000 Certified

526, Corporate Center
Nirmal Lifestyles
L.B.S. Marg, Mulund (West)
Mumbai 400080, India
Phone: (91-22) 2568 5494 / 2565 2448
Fax: (91-22) 2565 2448
email: marketing@sixsigmaalchemy.com
website: www.sixsigmaalchemy.com

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