

FOR THOSE WHO SEEK TO FLOURISH

ACTIVATE THE RIGHT **A.R.C**

AND

STAY AHEAD OF THE CURVE

AGILE ATTITUDE

RESILIENCE

CHANGE MINDSET



YOUR **F.I.R.S.T.** LEARNING & DEVELOPMENT PARTNER
FUTURE-READY - **I**NNOVATIVE - **R**ELEVANT - **S**TRATEGIC - **T**RUSTED

HOLDING YOU STEADY IN A CHANGING WORLD

OVERVIEW

As the pace of change escalates, the grip of emerging technologies tightens and there is a surge in the information we are being continually bombarded with, it is becoming increasingly hard to cut through the clutter, shut down the noise and stay in balance.

At such times it is easy to lose sight of the fact that all of us are already equipped with some powerful inner resources, which can be activated quite easily to ensure we are functioning at our best, personally and professionally.

Suitable for all types of audiences. It can be customised as a 15-min TED-Style talk, 45-90-min experiential keynote or a half/one-day workshop, guaranteed to energise, motivate and inspire your audience and provide them with actions they can take to **Activate the Right A-R-C - Agile Attitude, Resilience & Confidence to handle change.**

The session can be customised to meet the specific outcomes that you may want for your event. For example, to motivate, energise and inspire, how to flourish in times of change, women leadership, to enhance team psychological safety etc.

ENTERTAIN * ENGAGE * EDUCATE * EMPOWER

WHO WILL BENEFIT

Whether you are a corporate leader, executive or business owner **seeking to provide enlightened leadership**, or an individual seeking to **transform your results** at work and in life, this keynote will re-energise you, equip you with simple, yet powerful tools to change your life and the lives of people around you.

"Mukul has the magic to reach everyone, regardless of their personal or professional background. It feels so good to go home knowing that we have learnt something new."

- Monica Portillo, New Zealand Chamber of Commerce

KEY TAKEAWAYS

"I learnt how to let my team see the problem, come up with the solution and be accountable."

- Doreen Neo, Senior Leadership Team, MediaCorp

Depending on the outcomes you desire for your event, the session can be customised to deliver a variety of outcomes. It will provide your audience insights and strategies for making major positive changes in all areas of their personal and professional lives.

The session can equip you with:

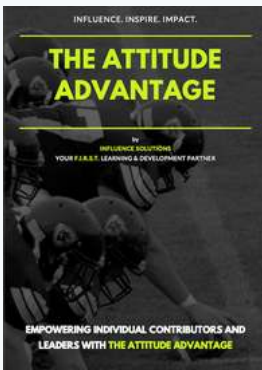
- An awareness of your default mode of thinking and its impact on the results you are currently getting.
- Clarity of your strengths and inner resources, and how you can leverage these to achieve even more success and significance.
- Identify the thinking traps that get in the way of your natural agility, resilience and confidence.
- Create the paradigm shift so that you naturally spot the opportunity that every change, disruption and situation brings, and how this can be leveraged .
- Learn how to shift focus and begin taking small actions to help you and your team achieve big results.

LEARN TO LIVE LIMITLESS

"I learnt how to have empowering and inspiring conversations."

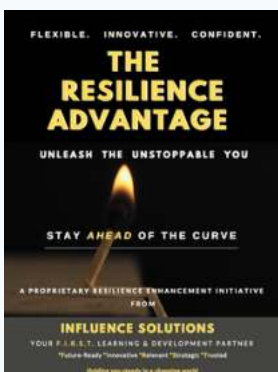
- Shin Jong Weon, Hewlett Packard, South Korea

LEARNING OUTCOMES



AGILE ATTITUDE Experiential Session

1. Enhance our ability to influence and manage people, with a longer-term, value-driven and strategic perspective.
2. Foster innovative and solutions-focused thinking so that emerging challenges are met swiftly with time and cost-effective solutions.
3. Understand how small actions can generate big results.



RESILIENCE Experiential Session

1. Identify the inner resources that help us to be more resilient.
2. Co-creating an action plan that makes Resilience, Flexibility and Innovation an integral part of the team's culture.
3. Activating an actionable 'Real-time Resilience' strategy to ensure we regain balance and optimism quickly.



CHANGE MINDSET Experiential Session

1. Create the required paradigm shift to spot the opportunity of every change and disruption and how they can be leveraged.
2. Understand the psychology of change and how this can be channelised to support your team through the change.
3. Recognise and strengthen our inherent ability to handle change.

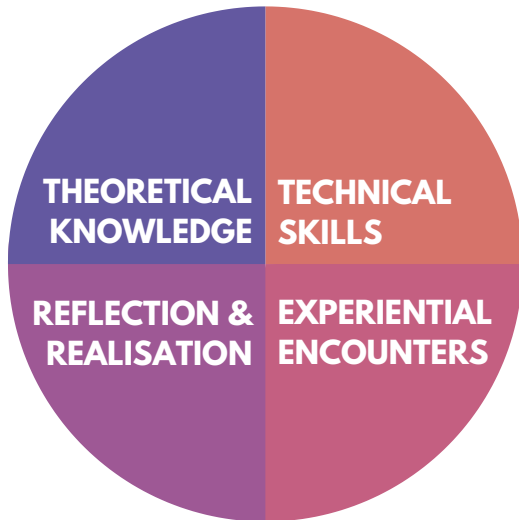
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METHODOLOGY

OUR ACTION-BASED LEARNING METHODOLOGY

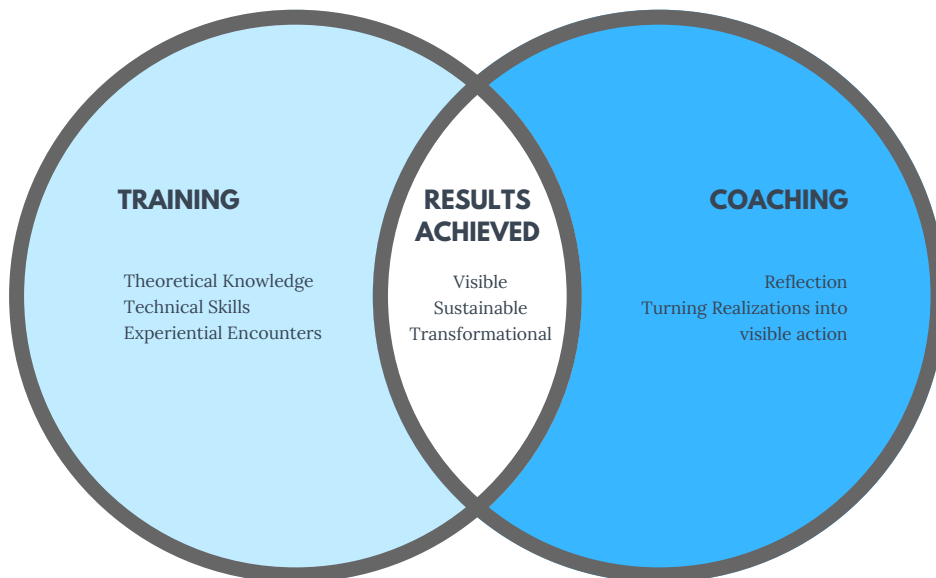
The foundation of all our programmes is a unique Action-based Learning Methodology designed to produce lasting, personal, relevant, and actionable realisations.



The Action-based Learning Methodology has four distinct modes of knowledge production: theoretical knowledge, technical skills, experiential encounters, and reflection and realisation.

The use of these multiple methods to engage and challenge participants generates the buy-in, commitment, and connection needed to ensure sustainable transformation, and thus, the increase in profitability and productivity.

BLENDED APPROACH OF TRAINING & COACHING



Our unique action-based methodology enables participants, not just to expand their horizons by seeing other concepts, but also to identify Simple-Repetitive-Visible actions, which they can use to implement the concepts, at work and in their personal lives.

TRANSFORMATION THAT IMPACTS ORGANISATIONS

DELIVERY FORMATS

AVAILABLE IN VARIOUS FORMATS TO MEET YOUR NEEDS



FACE-TO-FACE SESSIONS

- Full-Day Programs
- Half-Day Workshops
- Experiential Keynotes (Ideal for large audience sizes)



"LIVE" VIRTUAL WORKSHOPS

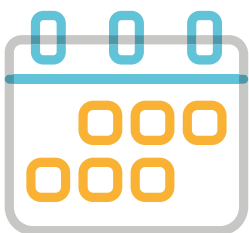
90 to 180 min sessions

Delivered on consecutive days, weeks or months. This extends the impact of the program, enabling participants to act on their learnings.

WHY THE EXPERIENCE IS IMPACTFUL & ENGAGING

- **INTERACTIVE** SESSIONS LED BY A MASTER FACILITATOR.
- **VIRTUAL MODERATOR** IS PRESENT TO ENSURE A SMOOTH EXPERIENCE FOR ALL PARTICIPANTS, TAKING CARE OF SET-UP, TECHNICAL MATTERS, QUESTIONS.
- **A PERSONALISED EXPERIENCE** LIKE THAT OF IN-PERSON SESSIONS WITH INTERACTIVE SEGMENTS, GROUP DISCUSSIONS, PEER SHARING IN VIRTUAL BREAK-OUT ROOMS.
- **A SUPPORTIVE MASTERMIND IS NURTURED**, AS PARTICIPANTS FORGE BONDS THAT INSPIRE THEM TO MUTUALLY COACH AND SUPPORT ONE ANOTHER THROUGHOUT THE JOURNEY.

HYBRID FORMAT - FOR SPLIT / MULTI-LOCATIONAL TEAMS



- **COMBINATION OF FACE-TO-FACE AND "LIVE" VIRTUAL WORKSHOPS.** Great for split or international teams, with some participants physically present, and the others logging in virtually.
- All participants enjoy a highly immersive and engaging session, with discussions and peer sharing incorporated.
- A two camera set-up and dedicated online facilitator helps to enhance the experience and impact

Future-ready. **I**nnovative. **R**elevant. **S**trategic. **T**rusted.



INFLUENCE SOLUTIONS

YOUR **F.I.R.S.T.** LEARNING & DEVELOPMENT PARTNER

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FOR MORE INFORMATION, GO TO
[INFLUENCE-SOLUTIONS.COM](https://www.influence-solutions.com)