



Happiness-centric...

META MIND EMPATHY & TEAM BONDING

WORK WELL WITH OTHERS

"Relationships should be about 'giving'.

And when everyone is giving, the 'getting' happens automatically."

-Avinash Ananda

WHY

this program



The Meta Mind Empathy & Team Bonding program is meticulously designed to enhance team dynamics and interpersonal relationships through the powerful lens of empathy. Recognizing that both happiness and the effectiveness of individuals are significantly influenced by their team interactions, this program focuses on fostering a deep understanding of the diverse needs and perspectives within a team.

The program guides you in mastering the skills necessary to lead and contribute to a team effectively. You'll discover how to motivate and organize team efforts to leverage the collective strengths and unique contributions of all members. By adopting an empathetic mindset, you will be equipped to enhance team interactions and drive outstanding performance results, ensuring that everyone works together harmoniously and more productively.

This program shows you how to get the best from a wide variety of people by effectively connecting with team members, utilizing empathy to bridge gaps and build strong, lasting bonds in order to achieve outstanding performance results.

YOU

will learn



- To identify the key values, attitudes, beliefs, qualities and skills for personal and professional excellence in teams
- Meta Mind Teams Model™
- Meta Mind tips and techniques for effective Team Bonding
- The importance of alignment of values and vision within the team
- To appreciate and celebrate individual personality differences with empathy
- To evaluate yourself as a team player based on the Framework of Meta Mind Happiness-centric Leadership Competencies
- To understand the balance and focus of tasks as a team
- To understand and assess critical factors in team tasks and how teams can effectively use group resources
- Key dysfunctions of a team
- Stages in Team Development: Forming, Storming, Norming and Performing
- To identify team strengths and development areas
- To promote motivation & cooperative team behavior with consistent expressed compassion & empathy

