



Happiness-centric...

META MIND COMMUNICATION

COMMUNICATE CLEARLY & CONFIDENTLY

*"The quality of your communication,
determines the quality of your life."
-Avinash Ananda*

WHY

this program



Communication is the lifeblood of any meaningful relationship, personal as well as professional. Failure to communicate means stress, conflict, strained relationship between team members, misunderstanding and problem at home, or at work. On the other hand, effective and successful communication results in understanding, successful business agreement, a harmonious family life, solutions of problems, increased productivity and team work.

Communication is best judged by the effect it has on others - the impact it generates and the results it achieves. This powerful, interactive, exciting and experiential training program focuses on all of the critical elements to enhance and sharpen your communication skills. Meta Mind Communication provides a dynamic, flexible and practical way to connect and communicate with different types of people at multiple levels by developing key skill sets and related mindsets to consistently impact the quality of all interactions for positive results.

YOU

will learn



- To better your relationships
- To listen better and focus on active listening: types of listening
- To avoid misunderstanding and recognize & remove communication barriers
- To enhance your conversation skills
- The Meta Mind Communication Model™
- To use your voice effectively: pitch, volume, timbre, tonality
- To observe and interpret body language: gestures, postures, eye contact and proxemics
- To establish rapport and encourage open communication
- To deal constructively with negative or unresponsive people
- To understand the importance of perception in communication
- The different levels of communication: verbal, non-verbal, symbolic & semantics
- To give and receive feedback
- Clarity & specificity of communication

