



ATMA

Individual Empowerment Labs



To transform as Effective Individual & make Life a 'Lifelong Celebration'!!

Empowered & Compassionate Group

ATMA

Soorya Gardens, Paliyam Road, Thrissur, Ph 0487 2325232

www.atma.net.in

ATMA now envisions a unique project - "EC Group" - a one year programme to help Committed Individuals to evolve into Empowered & Compassionate Individuals, with the new age skills and attitudes necessary to deal with the challenges of the modern world. It involves a series of 12 full day workshops and a 3 day residential lab for a group of 25 - 30 members. Based on the ATMA philosophy of 'Living in Harmony', these training modules are an effective combination of concepts and techniques from NLP, Psychology & Educational Management.

EC GROUP

The Exclusive ATMA initiative to create
Empowered & Compassionate Individuals

Nature of Programme:

- ❖ Based on the ATMA philosophy of 'Living in harmony'
- ❖ Focus on Empowerment as an individual and as a member of the team
- ❖ Coordinated group learning & Sharing experiences, targetting systematic change in the participants
- ❖ An Effective combination of concepts and techniques from NLP, Psychology & Educational Management
- ❖ Duration - 1 year
- ❖ 12 full day workshops + one 3 - day residential lab
- ❖ The programme will be implemented for a group of 25 - 30 members.
- ❖ Every participant is expected to attend every session without omission

Expected Outcome for the participant:

- ❖ Empowerment as an Individual and as a member of the Team
- ❖ Fresh insights into own Life, Family, Career & Goals
- ❖ Enhanced Teaching Effectiveness

- ❖ Deeper understanding of the needs of the fellow beings
- ❖ Compassion and skill to cater to these diverse needs
- ❖ Happier Life with Healthier relationships in Personal & Professional circles

Content:

Living in Harmony	Learning Style Identification
Managing Self & Others	Multi Sensory Learning
Vision Management	Presentation Skills & Effective Group Management
Perceptual Position Management	Personal History Management
Emotional Management	Basic Counselling Skills
Energy Management	Basics of Transactional Analysis
Basic Techniques of Creative Intervention	Basic LD - Identification & Management