



MindGym

open programme

● Overview

The MindGym 3-day program on emotional intelligence, creativity & innovation, and how to be more entrepreneurial combines these elements to help you understand yourself and how to drive forward to achieve your desired results. MindGym also believes that there is a wide range of tips, techniques and insights from the worlds of psychology and related sciences that can help us in our everyday lives, at home, at work and in between. During the course of this program they will explore these areas with you to help you understand what it is that makes you who you are and how to take that a step further.

● Objectives

The programme will cover the following topics:

Day 1: Emotional Intelligence

Day 2: Creativity and Innovation

Day 3: Be an Entrepreneur

● Key Learning Outcomes:

Day 1 Emotional Intelligence

Your impact on others - participants will:

- Look at and examine their own motivational drivers.
- See the impact this has on the way they look at the world and the types of people around them.
- Decide what practical action they can take to increase their impact on other.

Relate - participants will:

- Explore 5 key ingredients for building valuable relationships.
- Discover practical tools to get things back on track when relationships have broken down.

Day 2 Creativity and Innovation

Unleash your creativity - participants will:

- Discover different types of creative thinking and which their natural preference is.
- Recognise how to create the right environment for their creativity to flourish.
- Practical techniques to generate 'out of the box' thinking.

Innovate - participants will:

- Consider what helps and hinders a climate of innovation.
- Learn how to equip their team with innovation skills, explore the leadership behaviours needed to support them and discover tools to help tackle their own innovation challenges.

Day 3 Entrepreneur

Create your own luck - participants will:

- Appreciate the extent to which they can change the way they look at a situation and the impact that this can have.
- Practise spotting unusual opportunities and learn how to convert them into lucky breaks.

Business brain - participants will:

- Question existing assumptions, ensure the right business challenge is solved and the best commercial opportunities are recognised.

Participant profile:

Team leaders who want to improve not only themselves but their team as well.

When: October 22 - 24, 2019

Where: Radisson Blu, Kuwait

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Contact

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