

# DRIVING PERSONAL EXCELLENCE

## Competencies

Achieve Results

Problem Solving &  
Decision Making

Leading Team

Impact & Influence

Adaptability



*iExpert*  
Building Human Capability

Bangalore | Chennai | Mumbai | Delhi | Hyderabad  
[www.i-expert.biz](http://www.i-expert.biz)



Enable Individual Contributors to achieve their highest potential personally & professionally



Understand people behaviour and be able to manage self and the team effectively



Improve productivity and delivery standards with maximum efficiency



A highly experiential program designed to rightly improve performance.

Personally & Professionally



# DAY 01

## 1 Introduction

Participants will engage in a self-reflection exercise assessing their present state of being, their perception of change required for greater results and elements driving their current success.

Setting program expectations and personal introductions are also done in this introductory module.

## 2 Define Personal Excellence

Delegates will be involved in various exercises to understand their Personal Centers of Operation. We help them integrate Principles, Values, Beliefs and Behaviours to their defined Achievable Outcome.

### Take Away:

- Thoroughness of Aim
- Principle & Value Centric
- Collaborative Relationship

## 3 Manage Personal Excellence:

### Personality Wheel & Attributes of Excellence

Delegates will explore the fundamental behaviours and skills required to create and sustain Personal Excellence, using varieties of syndicate exercises.

### Take Away:

- Impact & Influence
- Drive for Results
- Lead teams effectively
- Adaptability



Two roads diverged  
in a wood, and I  
took the road less  
traveled by, and  
that has made  
all the difference.

Robert Frost

# DAY 02

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## Manage Personal Excellence:

### External Influences & Essential Insulations

Understand the different dimensions of influences impacting their productivity and how to insulate them from negative influences. The personality assessment will provide an insight on the internal/ external control of reinforcement that determinethe quality of their results.

#### Take Away:

- Emotional Intelligence
- Impact and Influence
- Drive for Results

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## Mental Strategies

Delegates will reflect on the Scripts they write in life, the quality of Life Positions they assume and the Ego States that drive their choice of decisions and quality of performance including their ability to build and maintain relationship personally & professionally.

#### Take Away:

- Leading Team
- Adaptability
- Decision Making
- Communication & Building Relationship

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## Managing Resources

This session focus on efficiency enhancement and provide tools and techniques to improve performance. Delegates will engage in exercises discovering concepts of Proactive Time Management, Stress Management, Building win-win situations etc. This is followed by a crisp consolidation with an Personal Action Planning.

#### Take Away:

- Drive for Results
- Leading Team
- Problem Solving

# iExpert

Building Human Capability

## Limited Seats

Send your nominations for the upcoming workshop:

**Friday 06th June 2014 &  
Saturday 07th June 2014**

At **Royal Orchid Central**  
No. 47/1, Dickenson Road,  
Manipal Center  
Bangalore - 560 042

### Investment:

Rs. 15000 Inclusive of Taxes per person for two days including Refreshments, Meals and workshop materials

**Early Bird Discount** of 5% for nominations before 05th May 2014

10% Special Discount for Group Booking "**Table of 5**"



To arrange an exclusive session for your organization or to register for our next open-house programme,

contact us now:

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