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## Introduction

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Two Days (Four Sessions) Mind Mapping Theoretical, Practical and Q/A based hands-on workshop

### Visual Facilitation: Nehal Singhal

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Storyteller, Technique and Presentation on Gita for Women podcasts, Knowledge Process Specialist, IT Consultant, Awarded Top Writer on Quora हिन्दी

## Day 1 - First Session

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### Total Life Management by Mind Mapping

1. Counseling by storytelling
2. Phone management
3. Natural Solar Routine
4. Hobbies
5. Work life balance

Illustrated practically by way of live Mind Mapping

**Expected outcome:**

1. Practical live training on Mind Mapping.
  2. Daily life management using Mind Mapping.
- **Material needed** - per participant: 10-15 A4 Sheets, pencil, eraser, highlighter (yellow, green, red and as per taste), ball pen (blue, green, red and black), cardboard holder
  - Time: 90 minutes

## Day 1 - Second Session

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### Visual Facilitation Techniques

1. ABC of Visualisation
2. Toolbox of templates
3. Practical group activity by participants
4. Real time charts preparation

### Expected outcome:

1. Enhanced and quick grasp of Visual Facilitation Techniques.
  2. Quick Chart for daily planning -> quick decision making
- **Material needed** - per participant: 10-15 A4 Sheets, pencil, eraser, highlighter (yellow, green, red and as per taste), ball pen (blue, green, red and black), cardboard holder
  - Time: 90 minutes

## Day 2 - First Session

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### Smart Mind Mapping to Boost Team Capacity

1. Quick introduction of FOSS, Emacs, Org mode
2. Phone apps
3. Mind Mapping is planning, filtering, deciding and acting
4. Notes, programming, project management, storytelling, creative expression

## 5. Balanced approach to Mind Mapping

### Expected outcome:

1. Practical hands-on live Mind Mapping from existing notes.
  2. Practical Mind Mapping on smartphones.
- **Material needed** - per participant: 10-15 A4 Sheets, pencil, eraser, highlighter (yellow, green, red and as per taste), ball pen (blue, green, red and black), cardboard holder
  - Time: 90 minutes

## Day 2 - Second Session

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### Inspiring Self Journey of Mind Maps

1. Changing subjects, urge to ask.
2. Child like curiosity -> Child like enthusiasm
3. Passion to Success
4. Right technique develops with time and experience
5. Each one is inventor.

### Expected outcome:

1. Development of own technique
  2. Art is for self. By self.
- **Material needed** - per participant: 10-15 A4 Sheets, pencil, eraser, highlighter (yellow, green, red and as per taste), ball pen (blue, green, red and black), cardboard holder
  - Time: 90 minutes

*All workshop sessions are practical with synchronised Q/A .*