



TRAINING PROPOSAL

**Positive Attitude, Good work
habits & Motivation Development
Programme**

Client: Berendina Employment Center



Proposed By: Life Skill Academy

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Overview

-Attitude is a small thing can make a big change-

Impact of Attitude

An employee's attitude has a potential to impact his interactions with others and his individual work performance. Attitude affects an employee's reactions to others, including colleagues, supervisors and customers; attitude affects his perception of his job and his value to the organization. If an employee's work tasks involve collaboration with others, his attitude can affect the success or failure of the group.

Therefore, this program is aimed at developing positive attitudes of the participants, enhancing the level of motivation, customer care and team building.

Program outcome:

By the end of the program, Participants will be;

- Work with positive mind set to help for the Sri Lankan youth
- Do away with negatives which can be harmful in team work
- Align with acceptable working habits such as attendance, punctuality, cooperation, respect, team work, motivating; avoiding grievances, set goals, continuous learning, smile, pleasing attire etc...)
- Self-motivated and independent,
- More creative and go the extra mile even without monetary rewards,
- Much more Responsible and committed and take ownership in whatever they do,
- Work for the common purpose as a team,

Program outline:

1. Attitude is everything (attitude change)
 2. See – Do – Get (behavioral change)
 3. Negative thoughts which hold you back
 4. Be the change you want to see
 5. You are the creator of your own destiny
 6. Event + Response = Results
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7. Positive attitude and job performance
8. Good work habits for workplace success, 10 things your employer expects from you
(Such as attendance, punctuality, cooperation, trust, respect, team work, motivating others, avoiding grievances, set goals, continuous learning, smile, pleasing attire etc.)
9. 10 steps to be a self – motivator
10. Personal responsibilities in a team and team work

Target Group:

- Economic Development Officers

No of participants:

- 200 - 220 participants

Training methodology:

- Instructor led Presentations
- Interactive Group Activity
- Inspirational Video Vignette Example
- Motivational story

Training materials / equipment:

- Subject to be provided by the client
(MM projector with screen, Sounds System with Clip on microphone, Materials for the activities, Location with lunch, morning & evening refreshment for the participants)

Language:

- Sinhala

Location:

- Kegalle

Proposed Date:

- To Be Scheduled

Time Duration:

- Full day - 9.00am to 5.00pm
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Investment:

Trainer Fee:

No. of Participants	Trainer Fee
Up to 50	Rs. 125,000
51-250	Rs. 140,000

- Participant's work book : Rs.130 per book
- Travelling fee : Maharagama to Kegalle (85 km x 2 x Rs.35) – Rs. 5,950

Resource Person:



**Why to fulfill your training requirement
with
Mohan Palliyaguru**

Mohan as a Trainer & his work experience

Mohan Palliyaguru, a highly accomplished and renowned Corporate Trainer and a Motivational Speaker who has an extensive work experience of 20 years.

He carries a wide ranging experience of 15 years, starting as a seller in finance services and ending up as a Marketing Director while handling several roles during his career ladder and more than 10 years into Corporate Training to serve as a trainer over 750 companies and thousands of people. His desire to see an attitudinal change in people and his highly appreciated contribution in enriching people's experiences led to the establishment of **"Life Skill Academy – Nation's Soft Skills Academy"** in 2014.

Mohan has gained tremendous respect and appreciation through his various workshops on positive attitude & motivation, leadership & supervisory skills, Selling & communication skills, training of trainers, customer care, work-life balance and presentation skills as he is expert on above training areas.

People will believe who they admire

Mohan is a public figure. He appears on television and Radio very often and has gained a good reputation among Sri Lankans. Most of his TV shows and radio programs are

related to Motivational discussions, career development, positive attitude and good habits for life success.

Some of the programs he participated as the key presenter are **“Mama Wasanawanthai”**, **“Diriya Sihinaya”** & **“Wismitha Mathakaya”** on TV Derana, **“Hodama Eka”** on Siyatha TV, and currently conducting **“Sihinawalata Piyapath”** on TV1, **“Rata Yana Atha”** on V FM and poya day discussions - **“Deepaloka Sudham Sabhawa”** on TV1 and **“Thurunu Sithata Pahan Eliya”** on Rupahavini.

He is a very active person in social media flat form spreading good attitudes and thoughts especially among the youth.

The reputation he has earned is a definite advantage as people are willing to listen to the persons they admire.

Educational Background

Mohan’s theoretical grounding is derived from **B.A. (Special) Degree** from **University of Colombo**, Sri Lanka. He also holds a **Diploma in Marketing (USA)**, **Diploma in Psychology (SL)** and he is a **Certified Trainer of International Academy of Leadership** in West Germany.

International Exposure

He was selected to represent Sri Lanka and participate in an in- house training conducted by **“International Academy for Leadership”** at Gummersbach in **Germany** which covered **International conflict management, Conflict prevention, Media management** etc. It enabled him to network internationally as individuals across 22 countries participated in this program and he revisited the same in 2005 to participate in a program on **“The use and application of participative seminar techniques”** with special emphasis on visualization.

He got an opportunity to participate in a training intervention in **Kathmandu – Nepal** on the theme **“Basic skills of Communication and facilitation”** which gave him wide exposure and knowledge and was trained as a facilitator/ trainer by a talented international team under the main guidance of **Dr. Stefan Melnik**.

Mohan participated in a Training of Trainer (TOT) 7 day in-house program with many representatives from South East Asia in 2009.

To see trainer’s videos, photos & client details please click below links

<http://www.lifeskillacademy.lk/>
<http://derana.lk/mamawasanawanthai/>

Life Skill Academy

Life skill academy is an organization which mainly provides training solutions for the corporate sector in order to strengthen their staff members by way of Inspiring, Capacity Improvement, Positive Thinking and Enhancing the Soft Skills needed to achieve corporate goals.

We strongly believe that the key to success of any organization is its people and steps taken to develop this resource will no doubt take the organization to the next level or beyond while achieving their own success.

The company mainly focuses on the areas of Soft Skill Development & Attitude Development while organizing many training programs under different topics such as Staff Motivation, Customer Care, Positive Attitude & Good Working Habits, Selling Skill Development, Leadership Skill Development, Personality Development, Effective Communication & Presentation Skills, Time & Task Management and many more.

Subject Areas of In-House Training

- Positive Attitude & Good working Habits Development
- Staff Motivation
- Supervisory & Leadership Skill Development
- Motivation Skill & Techniques for leaders
- Executive Development
- Sales Staff Motivation & Selling Skill Development
- Customer Care Skill Development
- Effective Communication Skill
- Presentation Skill
- Telephone Etiquette
- Training of Trainers
- Goal setting
- Time and Task Management
- Public Relation & Personal Grooming
- Entrepreneurial Mindset For business Success
- Stress Management & Relaxation
- Soft Skills & Personality development
- Work Life balance
- Change Management
- Personal Financial Management (Money Management)

- Mentoring Skill
- Counselling Skills
- Team Building Activity Base
- Out Bound Trainings (Adventure base)

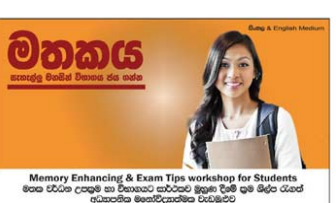
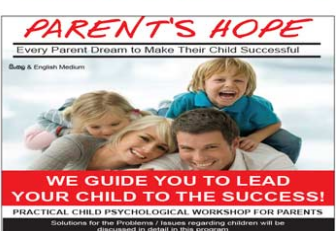
OUR CLIENTS



Life Skill Academy presents following Public Programs.
In-house Customized Programs also can be arranged at your request

පහත සඳහන් වැඩසටහන් අප ආයතනය විසින් පොදුවේ සංවිධානය කරනු ලබන අතර, එම වැඩසටහන් සඳහා කැමති ඕනෑම අයෙකු හට සම්බන්ධවීමේ හැකියාව ඇත. එසේම පහත ඕනෑම වැඩසටහන් ඔබගේ ආයතන තුළ ද සංවිධානය කරගැනීමේ හැකියාව ද ඇත. වැඩි විස්තර සඳහා පහත දුරකථන අංක අමතන්න.

Contact Hotline: 0774 40 40 11 / 0770 70 40 11/ 0773 77 77 95



Special note: This proposal is valid only for 3 months