

# The Learning Fiesta



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# Welcome!

## Day 1

- Once Upon a Time -Make engaging business presentation, using the art of story telling
- Speech Master-impromptu speech competition

## Day 2

- Voice Master - use tone, pitch & pace to communicate more impact fully
- Communicating with Courage and Consideration

## Day 3

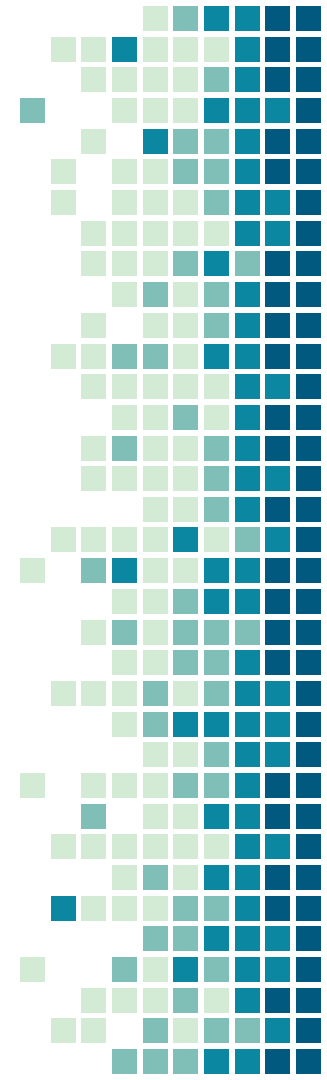
- Butterflies in Formation-Overcome presentation anxiety

## Day 4

- Communicating effectively with Millennial-Panel Induction with external industry leader
- Less is more

## Day 5

- Butterflies in Formation-Overcome presentation anxiety
- Communicating with Courage and Consideration



# 16<sup>th</sup> April: Speech Master-impromptu speech competition 11:00 am to 12:30 pm

Medium: In Person

Consultant: Vrinda Mishra

A performative competition where a panel of judges (Maynard Leigh plus RBS) pick 3 winners. Each person is given feedback on what's beautiful about them and an area they could work on to go to the next level



# 16<sup>th</sup> April: Once Upon a time- Make engaging business presentation, using the art of story telling- 2:00 pm to 3:00 pm

Medium: VC  
Consultant: Vrinda Mishra



Telling stories through numbers.



**Think:**  
Numbers tell powerful stories.



**Feel:**  
Confident about engaging audiences even when communicating on "dry" subjects.



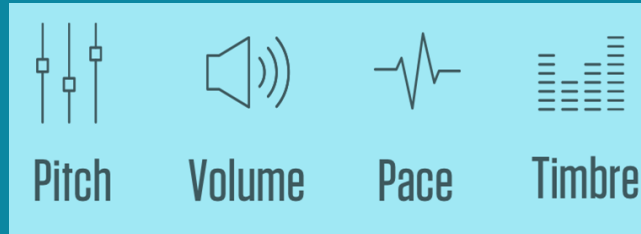
**Act:**  
Be able to bring in stories in order to engage and create connects. Be more willing to take risks while presenting.

## 16<sup>th</sup> April: Once Upon a time- Design Document 2:00 pm to 3:00 pm

Session Title	Session details	Methodology	Outcome
MLA Introduction & Context Setting	Facilitator sets the context for the day. Defining the Purpose, Principles, Format & How to approach the course.	Trainer led	Alignment. Ready to learn!
Storytelling	Communicating with belief, experiences, power of narrative and importance of storytelling Exploring the power of expression	Participant exercises, Trainer Led	Connect with the audience Passion and it's ability to convince. Realization of the power of truth.
Closing	Participants finalize what they will START doing, STOP doing & CONTINUE doing. Homework	Action planning Completion	Cementing the learnings from the session.

# 17<sup>th</sup> April: Voice Master - use tone, pitch & pace to communicate more impact fully - 12:00 pm to 1:00 pm

Medium: VC  
Medium: Bharat Babbar



Full use of voice



**Think:**  
my voice accounts for 38% of my communication impact.



**Feel:**  
Connected to my own voice.



**Act:**  
Be more able to use tone, pitch & pace to communicate more impact fully

## 16<sup>th</sup> April: Voice Master, Design- 12:00 pm to 1:00 pm

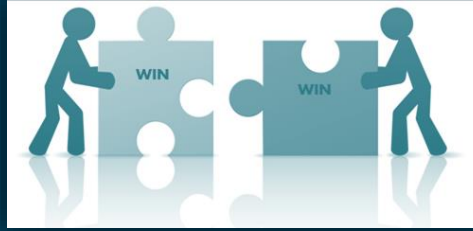
Session Title	Session details	Methodology	Outcome
MLA Introduction & Context Setting	Facilitator sets the context for the day. Defining the Purpose, Principles, Format & How to approach the course.	Trainer led	Alignment. Ready to learn!
How voice works	A fun, interactive and accessible introduction to the 'science' of voice, outlining the key events that happen in our bodies when we speak.	Experiential activity	Understand their own voice, recognise what needs to be done to improve or develop it.
Articulation and Clarity	Work on clarity of speech Practice voice warm up exercises	Experiential activity	Ensures the person is ready with a clear and crisp voice before an important meeting/presentation
Closing	Participants finalize what they will START doing, STOP doing & CONTINUE doing. Homework	Action planning Completion	Cementing the learnings from the session.



# 17<sup>th</sup> April: Communicating with Courage and Consideration- 2:30 pm to 4:00 pm

Medium: Webinar

Consultant: Bharat Babbar



Learning to work with 'status'.



## **Think:**

We are all continually flexing our status unconsciously.



## **Feel:**

In tune with my dominant patterns and ready to act on any dysfunctions.



## **Act:**

Be more able to be flexible in my status and be able to balance courage with consideration

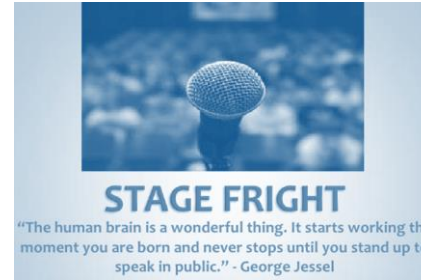
Session Title	Session details	Methodology	Outcome
MLA Introduction & Context Setting	Facilitator sets the context for the day. Defining the Purpose, Principles, Format & How to approach the course.	Trainer led	Alignment. Ready to learn!
Status	Mind-body-breath are connected. Any one of these affects the other two. Just changing your body, voice, eye contact, pace, can affect the level of confidence you feel. Just learning to tweak these can make you a status expert.	Theatre exercise	Status and assertiveness are not dependent on job, position, class, it can be used flexibly, depending on the moment to moment purpose.
Courage & Consideration	Exploring states of being submissive, passive aggressive, aggressive and assertive.	Theatrical Exercise	Any uncomfortable conversation has elements of courage and consideration. We need to constantly move towards balancing the two.
Closing	Participants finalize what they will START doing, STOP doing & CONTINUE doing. Homework	Action planning Completion	Cementing the learnings from the session.

# 18<sup>th</sup> April: Butterflies in formation- 10:00 am to 2:00 pm

Medium: in person

Location: Mumbai

Consultant: Nitten Mahadik or Sudha Sudanthi



Teaching the stomach butterflies how to fly in formation.



## **Think:**

Nerves are normal, everyone feels them. It's what makes us human.



## **Feel:**

Competent enough to deal with nerves.



## **Act:**

Be more able to use a logical sequence of steps to deal with nerves and become more present

## 18<sup>th</sup> April: Butterflies in formation, Design- 10:00 am to 2:00 pm

Session Title	Session details	Methodology	Outcome
MLA Introduction & Context Setting	Facilitator sets the context for the day. Defining the Purpose, Principles, Format & How to approach the course.	Trainer led	Alignment. Ready to learn!
Nerves	Understanding the symptoms – Fight or Flight Reframing it – Realising that similar symptoms are experienced in positive situations.	Trainer Led Presentation + Discussion	What happens when we feel nervous, Understanding the purpose of the symptoms. Recognizing our own symptoms.
Dramatic Pause	Explorations of exercises to develop presence Relaxation and dealing with 'stage-fright'	Experiential activities	Awareness of the surrounding and self habits Alertness Feeling calm
Dealing with Nerves	Creating a plan of action – how to deal with nerves in the short run for immediate relief and working towards building long term resilience.	Participant Presentations	After understanding nerves & exploring a series of experiences; Time to create a personal plan of action.
Closing	Participants finalize what they will START doing, STOP doing & CONTINUE doing. Homework	Action planning Completion	Cementing the learnings from the session.

# 19<sup>th</sup> April: Less is more- 12:00 pm to 1:30 pm

Medium: Webinar  
Consultant: Bharat Babbar



How to be precise.



**Think:**  
Precise is powerful.



**Feel:**  
Compelled to communicate with precision.



**Act:**  
Be more able to shake off verbosity at the work place.



## 19<sup>th</sup> April: Less is more, Design- 12:00 pm to 1:30 pm

Session Title	Session details	Methodology	Outcome
MLA Introduction & Context Setting	Facilitator sets the context for the day. Defining the Purpose, Principles, Format & How to approach the course.	Trainer led	Alignment. Ready to learn!
AIM	Clarifying objectives. What is the purpose of any communication? What would a positive outcome look like? Working with purpose and performance objectives.	Facilitator led, Participant exercises.	Be Precise and Impactful in delivering message. Structured Communication .
Closing	Participants finalize what they will START doing, STOP doing & CONTINUE doing. Homework	Action planning Completion	Cementing the learnings from the session.

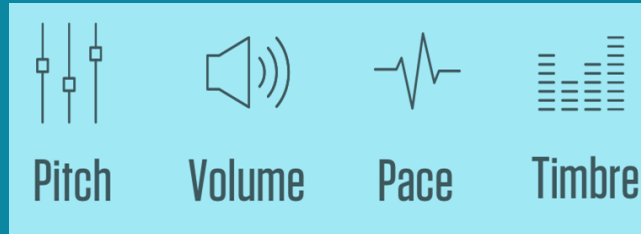
# 19<sup>th</sup> April: Communicating effectively with Millennial-Panel Induction with external industry leader , 3:00 pm to 4:00 pm

Medium: Panel discussion/ VC  
Consultant: Steeve Gupta



# 20<sup>th</sup> April: Voice Master - use tone, pitch & pace to communicate more impact fully - 12:00 pm to 1:00 pm

Medium: VC  
Consultant: Bharat Babbar



Full use of voice



**Think:**  
my voice accounts for 38% of my communication impact.



**Feel:**  
Connected to my own voice.



**Act:**  
Be more able to use tone, pitch & pace to communicate more impact fully



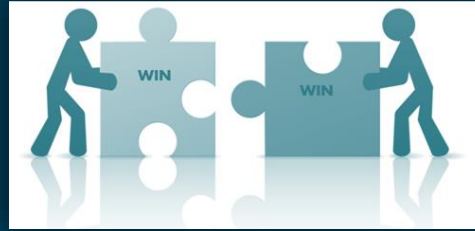
# 20th April: Voice Master - Design- 12:00 pm to 1:00 pm

Session Title	Session details	Methodology	Outcome
MLA Introduction & Context Setting	Facilitator sets the context for the day. Defining the Purpose, Principles, Format & How to approach the course.	Trainer led	Alignment. Ready to learn!
How voice works	A fun, interactive and accessible introduction to the 'science' of voice, outlining the key events that happen in our bodies when we speak.	Experiential activity	Understand their own voice, recognise what needs to be done to improve or develop it.
Articulation and Clarity	Work on clarity of speech Practice voice warm up exercises	Experiential activity	Ensures the person is ready with a clear and crisp voice before an important meeting/presentation
Closing	Participants finalize what they will START doing, STOP doing & CONTINUE doing. Homework	Action planning Completion	Cementing the learnings from the session.

# 20<sup>th</sup> April: Communicating with Courage and Consideration- 2:30 pm to 4:00 pm

Medium: Webinar

Consultant: Bharat Babbar



Learning to work with 'status'.



## **Think:**

We are all continually flexing our status unconsciously.



## **Feel:**

In tune with my dominant patterns and ready to act on any dysfunctions.



## **Act:**

Be more able to be flexible in my status and be able to balance courage with consideration

## 20th April: Communicating with Courage and consideration- Design- 2:30 pm to 4:00 pm

Session Title	Session details	Methodology	Outcome
MLA Introduction & Context Setting	Facilitator sets the context for the day. Defining the Purpose, Principles, Format & How to approach the course.	Trainer led	Alignment. Ready to learn!
Status	Mind-body-breath are connected. Any one of these affects the other two. Just changing your body, voice, eye contact, pace, can affect the level of confidence you feel. Just learning to tweak these can make you a status expert.	Theatre exercise	Status and assertiveness are not dependent on job, position, class, it can be used flexibly, depending on the moment to moment purpose.
Courage & Consideration	Exploring states of being submissive, passive aggressive, aggressive and assertive.	Theatrical Exercise	Any uncomfortable conversation has elements of courage and consideration. We need to constantly move towards balancing the two.
Closing	Participants finalize what they will START doing, STOP doing & CONTINUE doing. Homework	Action planning Completion	Cementing the learnings from the session.

# Program Timelines

Activity	Date and Day
Call on the content and planning	26 <sup>th</sup> March, Monday
Understanding RBS Technology	2 <sup>nd</sup> April, Monday
Working on the content and making it web friendly	3 <sup>rd</sup> April, Tuesday
Trial/ Test Run	5 <sup>th</sup> April, Thursday
First Workshop	16 <sup>th</sup> April, Monday

# Investment for the intervention

Delivery (for each batch of 15 participants)		
Activity	Investment	Total Investment
Professional fee for delivery on 16th April	INR 44,000 per half day per consultant X 1 half day X 1 consultant	INR 44,000/-
Professional fee for delivery on 17 <sup>th</sup> April	INR 44,000 per half day per consultant X 1 half day X 1 consultant	INR 44,000/-
Professional fee for delivery on 18 <sup>th</sup> April ( Mumbai)	INR 55,000 per day per consultant X 1 half day X 1 consultant	INR 55,000/-
Professional fee for delivery on 19 <sup>th</sup> April	INR 44,000 per half day per consultant X 1 half day X 1 consultant	INR 44,000/-
Professional fee for delivery on 20 <sup>th</sup> April	INR 44,000 per day per consultant X 1 day X 1 consultant	INR 44,000/-
Travel ( cab transfers)	INR 1,500 per day X 5 days	INR 7,500/-
Total Investment		INR 2,38,500/-

# Commercial terms and condition

- Client is responsible for providing venue, conference facilities, AV equipment.
- Local cab transfers to be taken care by the MLA and to be reimbursed on actuals
- Travel inside Delhi NCR - at Rs. 12.00 Per Km.
- Not inclusive of applicable taxes ( As per GST guidelines).
- A commercial contract will be signed before the execution of the project.
- 50% of cancellation fee will be charged on any cancellation or postponements that occur within 3 to 20 working days of the confirmed date of delivery.
- 100% of cancellation fee will be charged on any cancellation or postponements that occur within 0 to 2 working days of the confirmed date of delivery.
- The above commercials are valid for this intervention till 30<sup>th</sup> April 2018
- Contracts, legal & accounting paperwork (including billing & payments) will be in the name of “Life Strategies Humancare Pvt. Ltd.”



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## Consultant Profile

Bharat carries with himself a decade's worth of experience as a facilitator.

To quote (and adapt) J.R.R. Tolkien; “One Ring to rule them all, One ring to find them; One ring to bring them all and in **the light, release them.**” In Bharat's case, the “One ring” is synonymous with stories. His and yours. He believes these stories are powerful reflections of ourselves, where we find clues about what's working brilliantly for us and what could be better. Seeking these stories has led him to some very interesting places and profound experiences.

From teaching acting at The Barry John Acting Studio in Delhi & Mumbai, working with youth at a juvenile detention facility for a NGO called STEP, to remote towns and villages in Chattisgarh – a project done in association with UNICEF, exploring conflict-resolution at various camps in a region torn apart by the conflict between the Indian army and Naxalites, to making films in Los Angeles, working in collaboration with people from around the world, to behind the camera at the IIFA Awards!

Bharat is from a business family in New Delhi and holds a Bachelor's degree in Commerce from Delhi University. He's taught acting at the Barry John Acting Studio for four years and has acted in numerous plays, films, TV and commercials.

Clients appreciate his ability to create a dynamic and collaborative environment, where they explore and challenge boundaries of peak performance together, create a space to practice and rehearse, come up with practical ideas and practices that can then be applied to the workplace to achieve measurable results.

Bharat has worked as a performance coach with many individuals and teams, facilitating their journey towards being impactful, collaborative, trusting, empathetic, creative and dynamic!

His regular clients include RBS, MaxLife, Cognizant, Ernst & Young, McKinsey, Coca Cola, Pearson, John Deere, Macquarie, Sterlite, Muratec, Penguin Random House and many others.





## **NITTEN MAHADIK**

Nitten is a multi faceted and talented professional with work experience of more than 12 years.

As a high performance coach and an NLP- Master Practitioner, he has provided team, group and one-to- one sessions for leaders & individuals at the highest levels in corporations and politics.

The aim of his work is to empower individuals to make informed choices of how to live & work in balance with their inner selves and to build high performance businesses & communities.

He has developed people at Tata Motors, Airtel, Fiserv, Lanco, Cognizant Technology, Tech Mahindra, Pidilite, Accenture, the Oneness university, ICICI Prudential, Vascon, and various other IT companies, educational institutions, and also handled training and sales responsibilities.

Nitten has worked in the area of public speaking & presenting, service orientation, assertiveness, stress management, leadership, kinesics, team building and motivation. He is a high energy, enthusiastic and a driven coach.

Nitten loves his theatre! He has worked in the area of voice culture, body language and communication skills using learnings from the theatre for more than 5 years.

He has been certified by renowned trainer and theatre personality Mr. Shyam Joshi.



## SUDHA SUDANTHI

Depending on who's in the kitchen...a banana can either become a bowl of deep fried chips or a delicate banoffee pie. Sudha is no different. Her interests have seen her don many avatars - a facilitator, an actor, a dancer, a yoga instructor, a creative movement facilitator, a story teller, a sustainable living enthusiast and an expressive arts therapist.

As a performance artist, Sudha performs on the stage and for film and teaches drama and creative movement to children. She's also a creative arts therapist, using drama and movement as a means of therapy for individuals and groups alike. She is formally trained in creative arts therapy by The Studio for Movement Arts and Therapies (SMArT). Her training as an actor at The Stella Adler Studio for Acting in New York City has also buoyed her work in films and theatre in India and the US.

Sudha's passion for holistic living and the arts as ways to centre the individual and facilitate a richer and deeper life led her to form a non-profit organisation in the US for yoga, art and healing called DiscoverSwasth ([www.discoverswasth.org](http://www.discoverswasth.org)). She has been teaching yoga since 2006 and is a qualified teacher through The Sivananda Yoga Centre and certified through The Yoga Alliance.

Sudha holds a Bachelor's Degree in Electrical Engineering from University of Texas-Pan American and a Master's Degree in Electrical Engineering with a specialization in Wireless Communications from Columbia University. With over 7 years of experience in Wireless Engineering, primarily working as a Network Security Research Engineer at Bell Laboratories, she has handled multi-million dollar research projects and learned valuable lessons in corporate communication, project management, business analysis, systems architecture and network security.

Sudha brings to MLA all of her aforementioned training, experience, calming energy, mindfulness and passion for transformation through the arts.

After years of immersion in the performing arts and the corporate realm, Sudha has found her niche in drama-based corporate training, delivering creative, mindful and effective training modules for executives.



## VRINDA MISRA

“I hope you will go out and let stories, that is life, happen to you, and that you will work with these stories...water them with your blood and tears and your laughter till they bloom, till you yourself burst into bloom.”

When Vrinda stumbled upon these words by Clarissa Pinkola Estes, she resonated with them as though they had been her own.

A passionate life-liver, she has endeavored to invite into her being, art, expression and self-reflection in their varied forms. Vrinda is a certified expressive art therapy practitioner who has worked with a diverse range of clients. She also holds a Bachelor's degree in Journalism from the University of Delhi and an MBA from Symbiosis Institute of Media and Communication, Pune.

Apart from spending her years working as a writer and qualitative researcher, she has continued to actively engage with theatre and has been a steady witness to the power of drama, play & body-driven insight creation. Vrinda's entry to drama therapy and drama based facilitation came from her early days in college where she was immersed in community theatre in the form of Hindi street plays, as well as proscenium theatre.

Her current artistic practice largely involves devising and performing immersive, physical theatre pieces. She has been mentored over the last decade by several path-breaking drama practitioners including Bhaveen Gosain, Maya Rao, Aruna Ganeshram, Maitri Gopalakrishna, Anitha Santhanam and Abhishek Majumdar. At Maynardleigh, Vrinda is now engaged in the role of an Associate Consultant for Maynard Leigh India. She has previously worked as a drama based behavioral trainer with several corporate clients including, Levis, VM Ware, EMC, Fidelity Investments and UTC Aerospace Systems among others.

When she is not delivering programs, she is usually found with her nose in a book. Alternatively, she may be doodling, learning something entirely new (like clowning, Kalaripayattu, or the ukelele), working on her book of children's stories, engaged in a conversation or attempting to care for her body, family, friends and plants. Not necessarily successfully and sometimes even all at once.



## STEEVE GUPTA

Steeve is the Co founder and Director of Maynard Leigh Associates India.

He is also a principal consultant in the delivery team. Steeve has worked with and consulted for Aricent, Airtel, AON Hewitt, Alcatel Lucent, Amdocs, Bharti Infratel, Birlasoft, Coca-Cola, Cognizant Technology solutions, Glaxo SmithKline, Dell Perot, Ernst & Young, Rediffusion DY&R, RBS, Max Bupa, Max Life, McKinsey & Company, Punj Lloyd, NEC HCL, Sopra, Sunlife, Suzuki and many other organizations.

Some behavioural areas that Steeve loves to work with and deliver workshops on include; Motivation for Peak performance, Team Behaviours, Vital leadership, Talent Engagement and Presenting & Public speaking.

In 2002, Steeve graduated from the University of Central Florida, with an MBA and specialization in International Business. He was inducted into the Beta Gamma Sigma honour society for graduating at the top of the business college.

In theatre, Steeve worked closely with Aamir Raza Hussain at Stagedoor productions and Oscar Nominee Victor Banerjee.

Deep Insight into people's behaviour, his experience of working with thousands of leaders, his commitment to creating an engaging, experiential & partnership based learning environment and focus on ensuring that business and individuals gain from the time spent in workshops are what make Steeve a great asset to Maynard Leigh.





# Let's work in partnership to create impact & unlock potential

For further information please connect with:

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Contact Number: +91 9717922445