



Where self discovery is an everyday experience



OBT PROGRAM ON RESILIENCE



OCTOBER, 2019

11th & 12th

NOVEMBER, 2019

8th & 9th

**AT
KOTAGIRI**

www.campdiscovery.in

DO YOU BEND OR BREAK?

WHY RESILIENCE?

- Dealing with uncertainty ?
- Continuously changing expectations, goal posts?
- Having to cope alone, the feeling that “no one understands” or “no one cares”?
- Isolated, feeling you don’t belong?
- Overwhelmed ?

THE CHALLENGE

- Today’s reality for many, is living away from home and familiar surroundings, having to adjust to people whose priorities are different, whose expectations are different.
- Needing to “fit in”, to be accepted...
- Comfort zones quickly transform into battle arenas and we are not fully prepared to manage the changing rules of the game.

PROGRAMME BENEFITS

- Join us for this programme that will provide insights on how the participants can manage their complex reality that is their daily life.
- Skills that will help the participants maintain their equilibrium , finding their centre that will provide the strength to come back in the face of adversity.

OUR FOCUS

- Understanding Resilience.
- Recognize that change and adversity often creates opportunities.
- Enhanced Realistic Optimism.
- Mental Agility.
- Recognize and consciously utilize one’s strengths to overcome challenges.
- Connection.

WHAT WILL THIS PROGRAM BRING?

- Opportunity to reflect, receive feedback and insights based on demonstrated behaviour.
- Personal commitment to one's resilience building goals.
- Identify skills to improve performance under pressure.
- Acknowledging coping mechanisms for failure; developing a personal style to manage setbacks.
- Identifying critical thinking skills that build resilience capability ..



Facilitator - Ms. Schreyas Nair

Schreyas Nair's career spans 35 plus years in the service industry.

- The combined experience of hotels and airlines over 20 years, in an operations delivery role with giants in the field: **Oberoi Group of Hotels & Jet Airways** and the next 15 years in People Development in the Healthcare Industry has seen her lead Behavioral and Developmental Programs. She has contributed to personal development plans through structured programs, designed on the principles of experiential learning.
- Her intuitive grasp of organisational dynamics, business imperatives and people helps her provide nuances that become the foundation for growth.
- Schreyas is recognized for her exceptional communication skills, her innate understanding of people, her capacity to influence and enable individual development and growth; she builds credibility and trust and nurtures strong relationships and bonds with those she interacts with.



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HOW IS THIS PROGRAMME DIFFERENT?

- The programme has been designed to enable Self-discovery of the participants through **CHALLENGE-REFLECTION-CHANGE** process.
- Seasoned Behaviour and Outward Bound Training (OBT) experts will be facilitating the Self-discovery experience of the participants.
- CampDiscovery is located away from polluted concrete jungle developed and in a scenic natural environmental ideal for learning and re-energizing one's body, mind and soul.

Register @ www.campdiscovery.in#register

Contact: Prakalpa - 7401317435

Mail to prakalpa@assesspeople.com

Price-Rs.14,500/- (per person) + 18% GST

HURRY!

LIMITED SEATS
ONLY