

# HUMANISTIC SKILLS MODULES

## PERSONAL GROWTH



### VALUES BOOK

Values Driven Decisions



### RESILIENCE BOOK

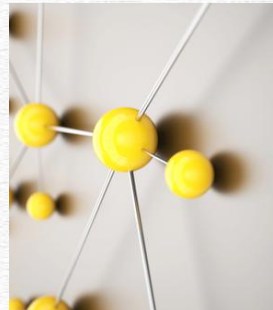
Sustaining Active Hope

## RELATIONAL ENGAGEMENT



### PSYCHOLOGICAL SAFETY

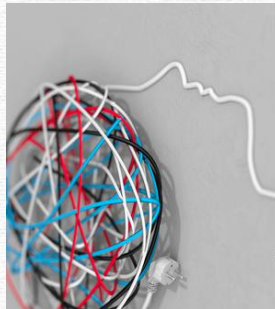
Building Effective Teams



### ENGAGING & NUDGING

Stakeholder Network

## STRATEGIC SKILLS



### PROBLEM SOLVING

Strategic Solutioning



### STRATEGIC COMMUNICATION

Key Messaging

# HUMANISTIC SKILLS MODULES

**PERSONAL  
GROWTH**

## SELF-AWARENESS BOOK

Know Thyself



## FUTURE BOOK

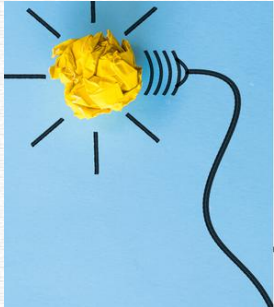
Re-Visioning Your Future



**RELATIONAL  
ENGAGEMENT**

## PERSUASION

Positioning Your Ideas



## DIFFICULT CONVERSATIONS

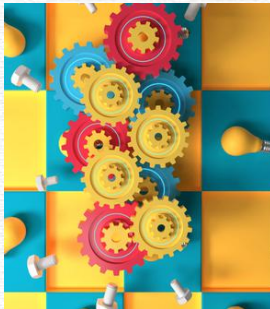
Collaborative Dialog



**STRATEGIC  
SKILLS**

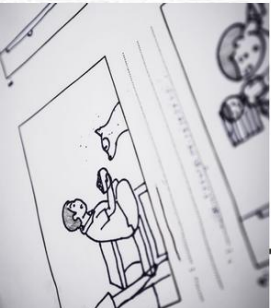
## STRUCTURING PROJECTS

Strategic Management



## STORY- BOARDING

Strategic Presentations



### HOW TO

#### MAKE INNER VALUES BASED DECISIONS



Roy Disney said, "It is not difficult to make a decision when you know what your values are."

Learn to:

- Reflect on your core values, using, e.g., Jung's active imagination & aspiring idols
- Align your reality with your values
- Make effective decisions using your values

### HOW TO

#### DEVELOP RESILIENCE FOR TURBULENT TIMES



In turbulent times, the emerging complexities can overwhelm us. What we need is resilience from the inside. Learn to:

- Re-situate yourself in the world
- Source your inner energy using Joanna Macy's "Spiral that reconnects"
- Develop own method to sustain resilience

### HOW TO

#### RE-IMAGINE YOUR FUTURE



Abraham Lincoln said, "The best way to predict the future is to create it." It is never too late to re-design a thriving life. Learn to:

- Reflect on your past accomplishments
- Visualize different futures & choose the most resonant one
- Develop an action plan to build the future

### HOW TO

#### DEEPEN SELF-AWARENESS



"Know Thyself," the inscription at the temple of Delphi, reminds us centrality of Self-awareness for personal transformation. Learn to:

- Reflect how past has shaped the present
- Uncover your Self with the knowledge from West (Jung) and East (Yoga)
- Make decisions based on Self-awareness

**HOW TO****BUILD PSYCHO-LOGICALLY SAFE TEAMS**

Business is never a solo activity. Managing teams and nurturing relations are an integral part of success. Learn to:

- Respect & leverage diversity of thoughts
- Communicate bigger picture & impact
- Set expectations and "give & receive" constructive feedback

**HOW TO****ENGAGE & NUDGE STAKEHOLDERS**

Like a community, an engaged stakeholder network can multiply your influence. Learn to:

- Map an emerging stakeholder landscape as a widening web of relationships
- Use an interest-influence matrix to inform an engagement strategy and approach
- Develop relations of shared success

**HOW TO****HAVE DIFFICULT CONVERSATIONS**

Navigating a difficult conversation in a direct, empathetic, and reflective way can transform a challenge into an opportunity. Learn to:

- Understand different levels of listening
- Reflect on complexities of tasks, unspoken assumptions, and the personal insecurities
- Apply skills of collaborative dialog

**HOW TO****POSITION YOUR IDEAS IN A BUSY WORLD**

In a fast-moving world, compelling positioning of ideas is vital. Persuasion is an art that combines logic, empathy, and values. Learn to:

- Connect with the higher purpose of the idea
- Design the story-plot evoking rationality, empathy, and deeper meaning
- Select impactful medium to reach audience

### HOW TO

#### SOLVE PROBLEMS METHODICALLY



Problem-solving is a mindset to continuously look at the bigger picture and use methodical tools to determine solutions. Learn to:

- See the big picture to find the right problem
- Structure potential solutions, e.g., through Logic Trees and Pyramid Principal
- Prioritize the solutions for action planning

### HOW TO

#### COMMUNICATE STRATEGICALLY



Productivity is about identifying the essential and eliminating the rest. Though simple, it is a skill that needs cultivation. Learn to:

- Manage time e.g., using Eisenhower matrix
- Communicate key messages for results using e.g. MECE
- Develop audience-driven results reports

### HOW TO

#### STORYBOARD STRATEGIC PRESENTATIONS



A convincing strategic presentation is a story intertwined with key messages in a simple structure. Learn to:

- Structure key messages e.g., using SCQ
- Build a convincing strategic storyboard using e.g. Disney animation technique
- Create meaningful slides using catalog

### HOW TO

#### STRUCTURE STRATEGIC PROJECTS



Strategic project management bridges the gap between a vision and the desired results. A science that's artistically done. Learn to:

- Solve the right problem e.g. via issues trees
- Scope, prioritize and plan activities to develop a realistic implementation plan
- Align and utilize people network