

PRACTICAL COMMUNICATION WORKSHOPS

NURTURING Positive Energy!

Tool Master Fire Up



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NURTURING POSITIVE ENERGY

OVERVIEW

"Nurturing Positive Energy" is a one-day intensive workshop designed to foster self-awareness, motivation, and positivity among technicians. Through a series of interactive activities, discussions, and reflective practices, participants will explore how to harness and enhance their personal strengths, cultivate a supportive team environment, and confidently communicate to uplift themselves and their colleagues. The training aims to transform the workplace into a thriving, energetic, and supportive setting where every team member feels valued and empowered.



WHY: Implementing "Nurturing Positive Energy" is crucial because it addresses the core aspects of personal and professional development often overlooked in technical fields.

WHAT: The aim is to cultivate a more supportive, energetic, and empowering workplace environment.

HOW: Participants will gain insights into their traits and behaviours, learning how to leverage their strengths and address their weaknesses.

OBJECTIVES

By the end of this workshop, participants will:

1. **Enhance Self-Awareness:** Identify personal strengths and areas for improvement.
2. **Motivate Themselves:** Learn techniques to self-motivate and maintain a positive outlook.
3. **Embrace and Discard:** Develop skills to focus on positive traits while addressing and mitigating negative behaviours.
4. **Speak Up with Confidence:** Gain confidence in expressing thoughts and ideas constructively.
5. **Foster Team Growth:** Understand and implement strategies to support and encourage peer growth.



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OUTLINE

TOPICS	ACTIVITY
Introduction and Icebreaker (30 minutes)	<ul style="list-style-type: none">• Welcome and introductions• Icebreaker activity to set a positive tone and encourage openness
Session 1: Understanding Self-Awareness (1 hour)	<ul style="list-style-type: none">• Activities to map personal strengths and weaknesses• Discussion on the impact of self-awareness in the workplace
Session 2: Strategies for Self-Motivation (1 hour)	<ul style="list-style-type: none">• Workshop on identifying personal motivators• Techniques to maintain a positive mindset in challenging situations
Session 3: Embracing the Good and Addressing the Bad (1 hour)	<ul style="list-style-type: none">• Group activities to practice positive reinforcement techniques• Role-playing scenarios to learn how to deal with personal and professional setbacks constructively
Session 4: Building Confidence to Speak Up (1 hour)	<ul style="list-style-type: none">• Exercises to build verbal and non-verbal communication skills• Practicing assertiveness in everyday conversations
Session 5: Encouraging Team Growth (1 hour)	<ul style="list-style-type: none">• Group discussion on what makes a supportive team member• Collaborative exercises to practice encouragement and constructive feedback
Wrap-Up and Feedback Session (30 minutes)	<ul style="list-style-type: none">• Recap of the day's lessons• Feedback collection to measure impact and gather suggestions for future sessions

Note: Breaks and lunch included

THE FACILITATOR



VERNON C FERNANDEZ

Knowledge Harvester

Radical Thinker

Behavioural Change Expert

Vernon C Fernandez is a training specialist with over 32 years of working experience in the industry.

Today, Vernon is fully engaged in corporate training. He is also extensively involved in the design, development and delivery of modules in the subjects of continuous learning, attitude, behavior, and performance excellence. He strives to be an inspiration to anyone who wishes to champion initiatives beyond the scope of one's job, and to instill strong values and ethics within their organization. He lives by the motto, 'Be the Miracle'.

Vernon's Facilitation Style

3E Experiential-Engaging-Enterprising

Experiential – bringing you near life realities into the classroom to observe, reflect and comprehend

Engaging – he makes learning fun through his candid, vivid and compelling stories

Enterprising – participants will know the quality connections between life and work