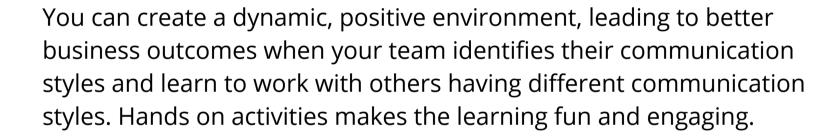




# Communication and Conflict Management



# Communication & Conflict Management





- Assertive
- Aggressive
- Passive
- Passive-aggressive
- Manipulative



- Scenarios discussed
- Role playing



## Mindset change to resolve conflict

- Techniques to remove conflict with others
- Reprogram mind to work with each other in healthy and effective way





#### ABOUT VIDYA VENKAT

### Transformational Coach



#### DEGREES

- Rapid Transformation Technique Practitioner (RTT)
- Narcisstic Abuse & Trauma Informed Coach (1st in Region)
- ③ Brainspotting Practitioner (1st in Region)
- (4) MBA from Hult International **Business School (Distinction)**
- (5) Certified Management Accountant (CMA)
- Bachelors in Commerce (B Com)



#### **ACHIEVEMENTS**

- + TV show & radio show guest
- + Passionate, open-minded, unbiased transformational coach trained in leading person centric sessions.
- Accomplished and highly effective leader adept at talent development and leveraging resources to achieve optimal results.
- Developed and trained cross functional multinational teams of 300+





Vidya, a transformational coach with 20+ years of experience, an avid believer of "I can". As a goal-driver, she hated losing and failing, but the personality trait came with its consequences. One was where you excel in any given area, but the flip side was you stop taking care of yourself and this has a ripple effect on your health, family, career and money. She struggled from chronic illness that includes physical pain, depression, parenting, money and weight issues.

The journey from "I can't, to I can" is what she needed to regain the balance. So, now she helps others to overcome challenges and achieve the transformation she achieved to lead a happy, contended and successful life.











