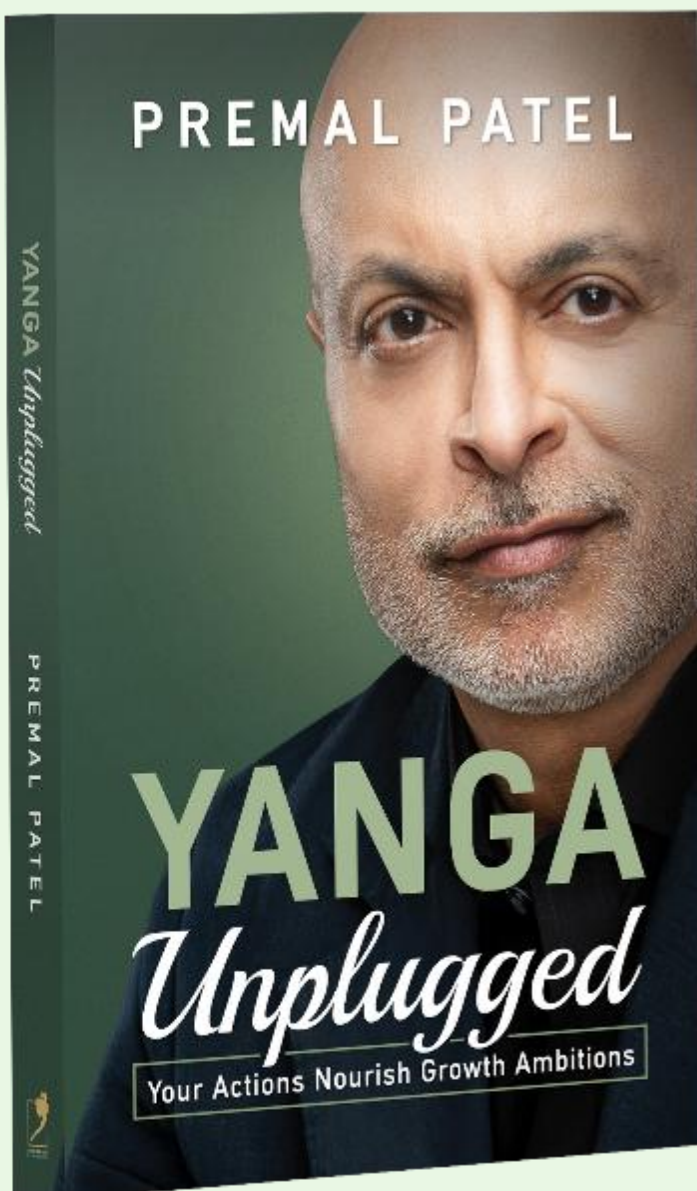




Navigating Growth The YANGA Way

2025 Workshop Series

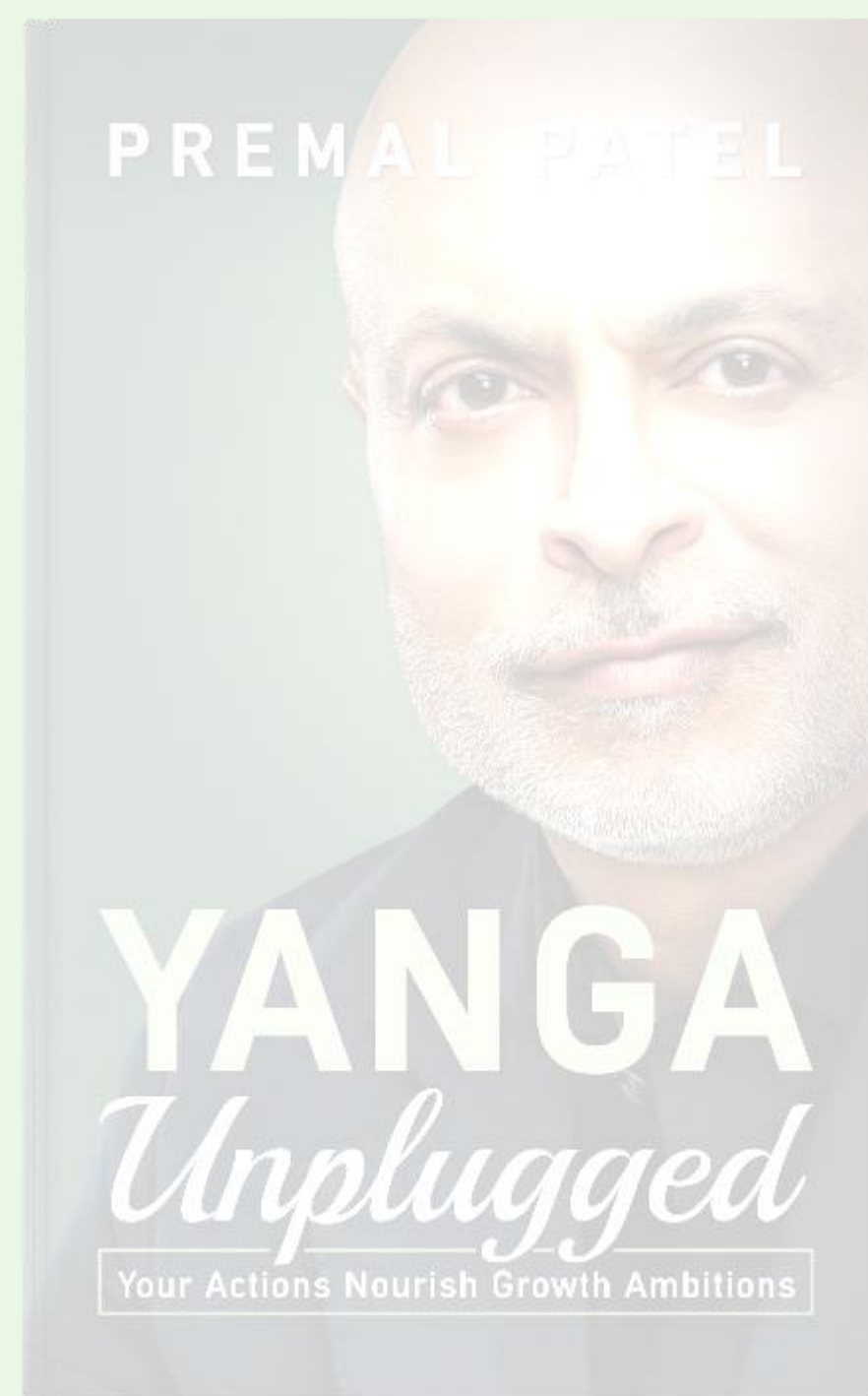


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Navigating Growth – The YANGA Way

- Navigating Growth: The **YANGA Way** is a transformative series of courses designed to empower individuals on their personal journeys.
- This series offers a holistic approach to growth, combining practical skills with introspective practices ensuring participants not only learn but also apply their knowledge effectively.
- It's about applying and learning from real life experiences to today's fast-paced and ever-changing world.

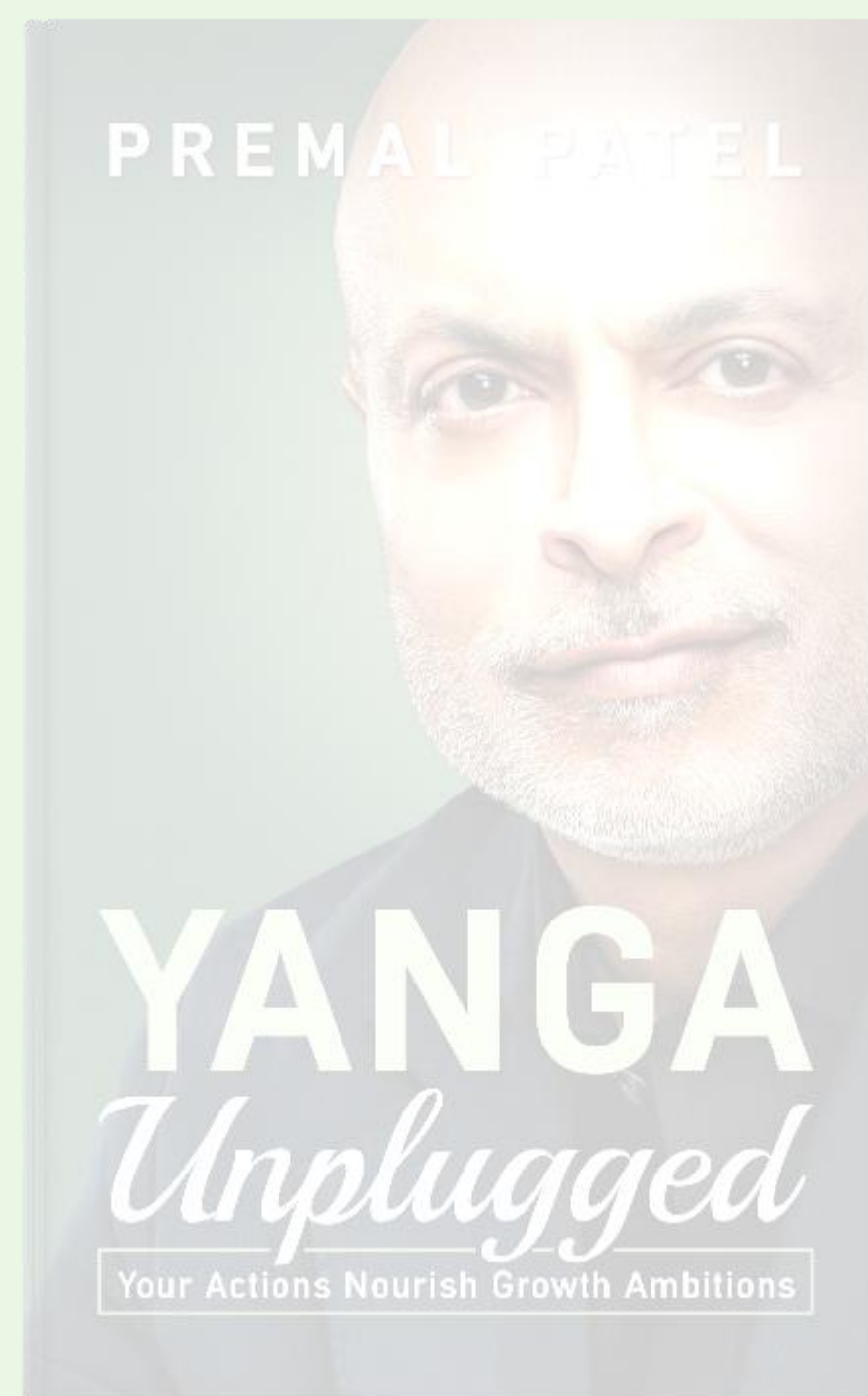
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Foundations of Growth: Understanding Yourself

- Dive into self-discovery through emotional intelligence training and goal setting workshops
- This course lays the groundwork for personal growth by helping participants understand their strengths, weaknesses and aspirations...and how to achieve them

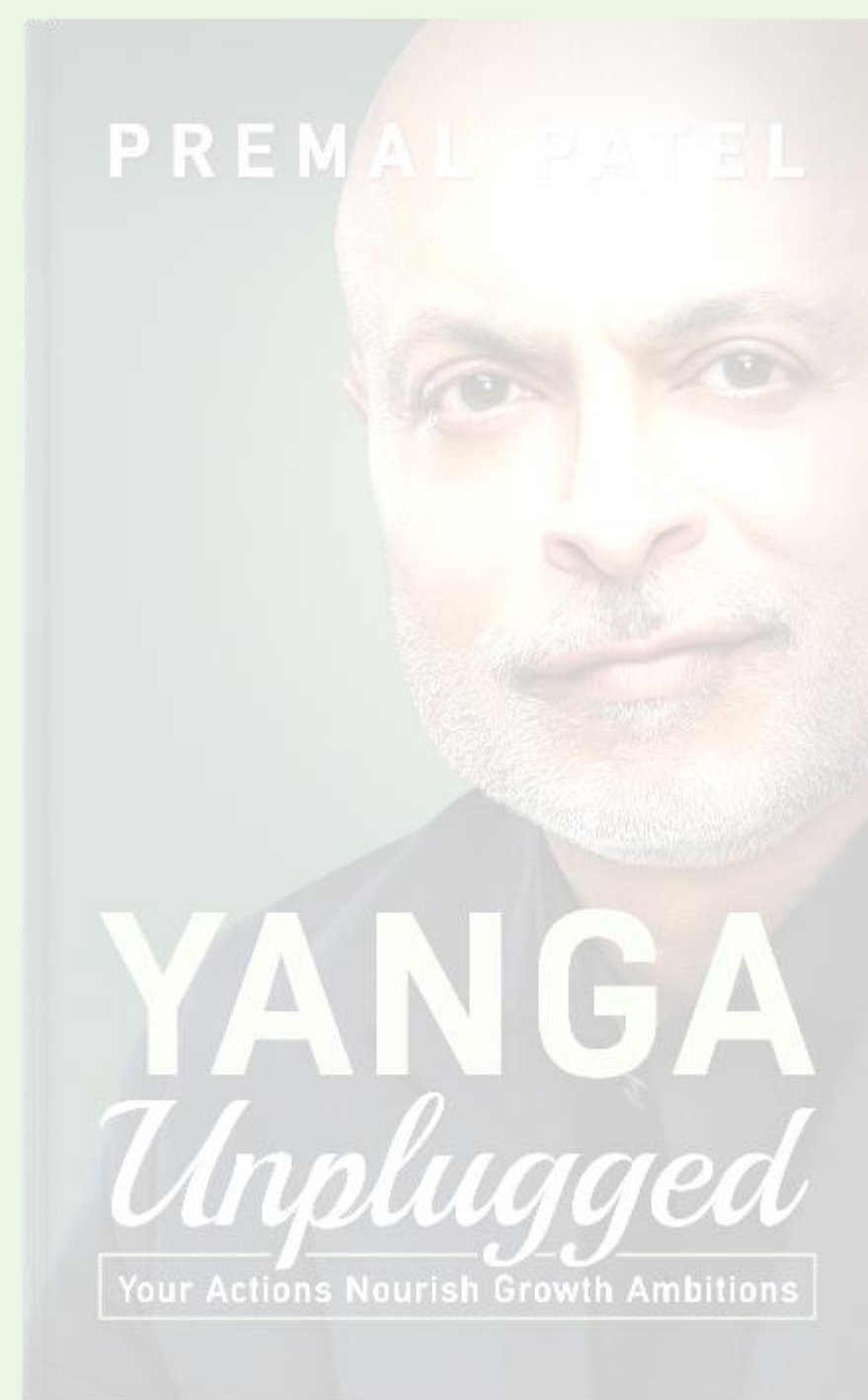
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Building Resilience: Thriving in Challenges

- Learn effective strategies to build mental resilience and cope with adversity
- Through interactive exercise and real-life scenarios, participants will develop the tools necessary to navigate setbacks and emerge stronger

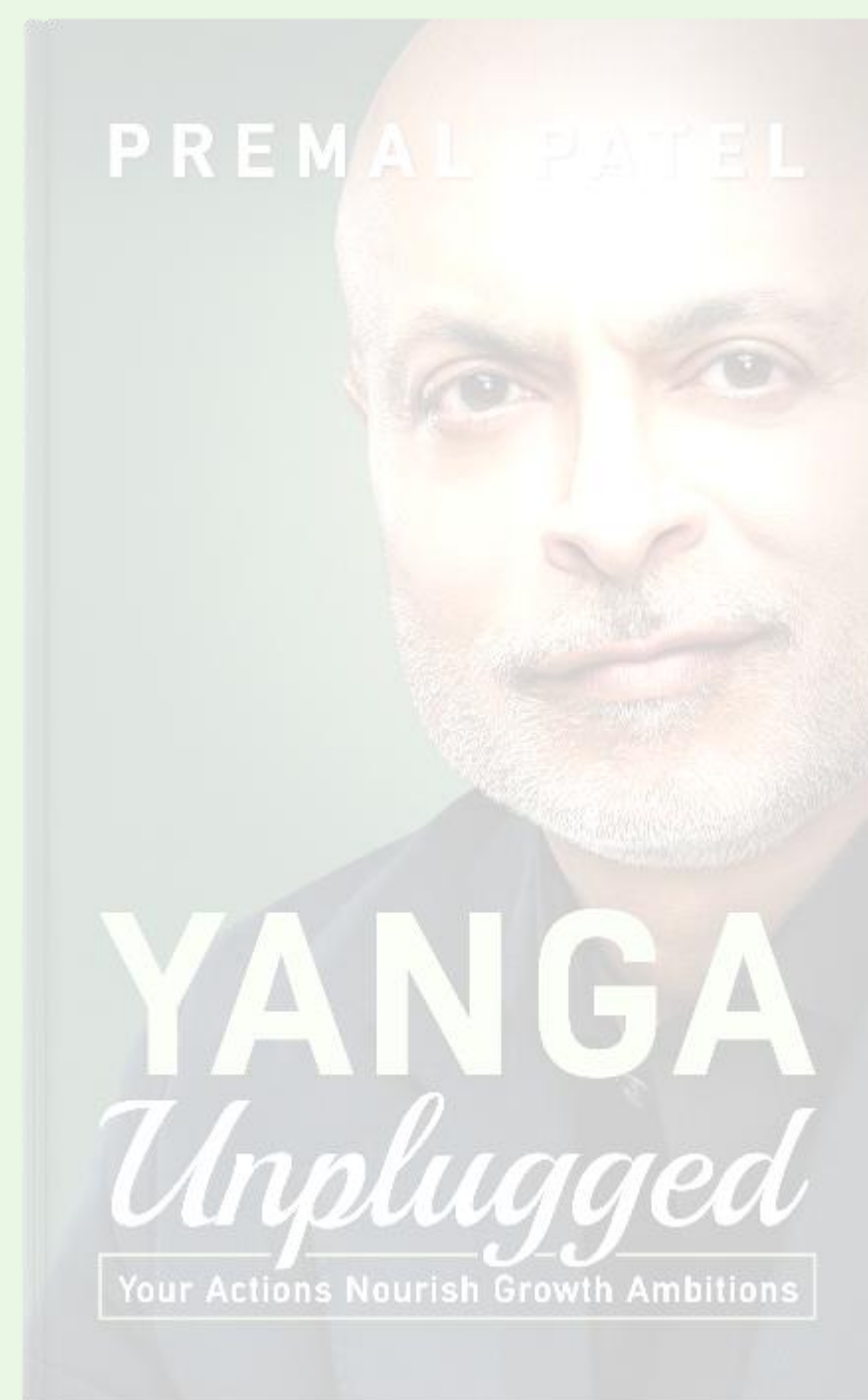
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Effective Communication: The Key to Connection

- Explore the art of communication, both verbal and non-verbal, to enhance relationships in personal and professional settings
- Participants will engage in role playing and feedback sessions to refine their skills and foster meaningful connections

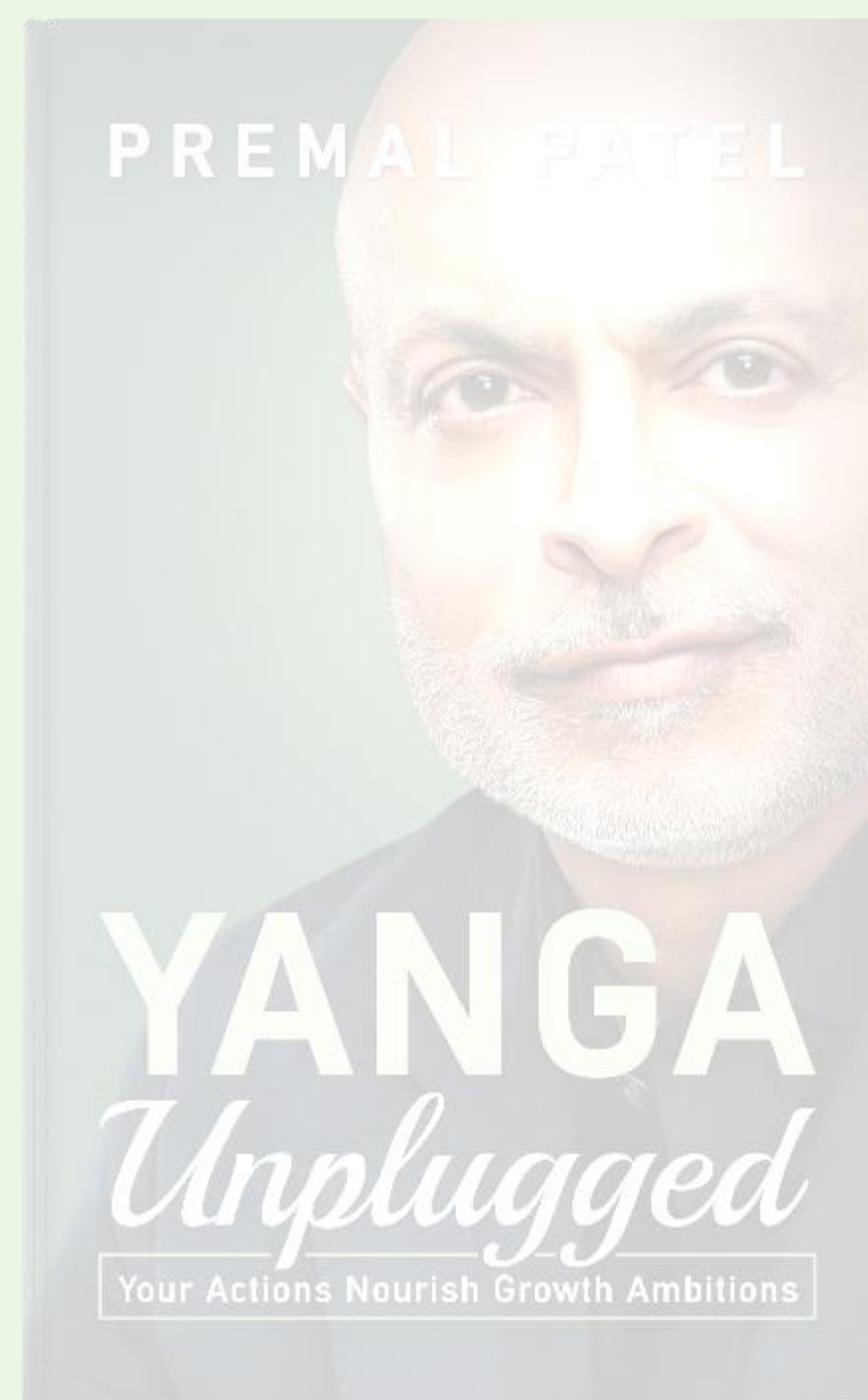
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Leadership Development: Inspiring Others

- Discover the principles of effective leadership and how to inspire teams
- This course covers leadership styles, conflict resolution and motivational techniques, equipping participants with the skills to lead with confidence and authenticity

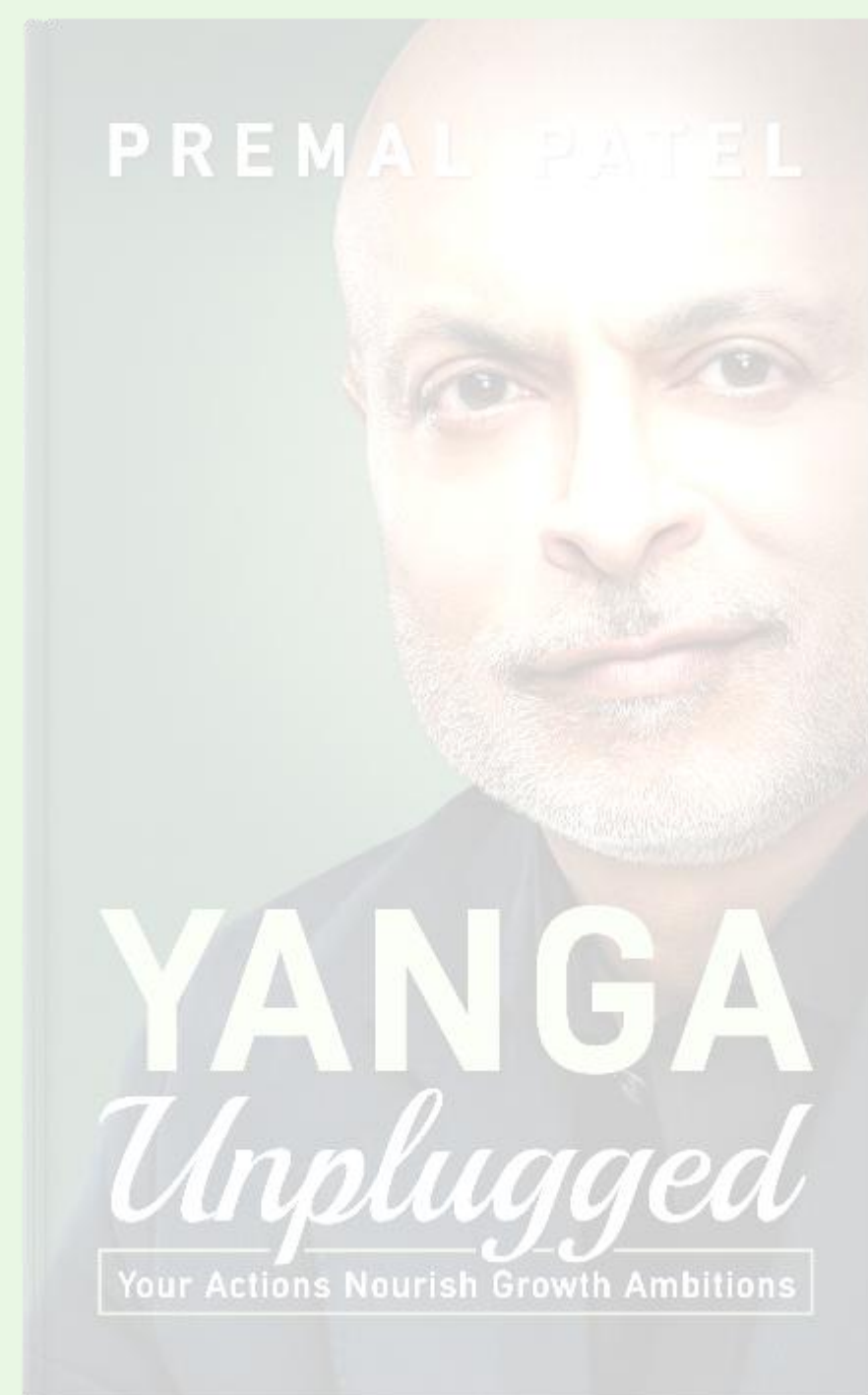
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Strategic Thinking: Planning for Success

- Learn to think critically and strategically about personal and organizational goals
- Through case studies and collaborative projects, participants will develop their ability to analyse situations, identify opportunities, and implement effective strategies

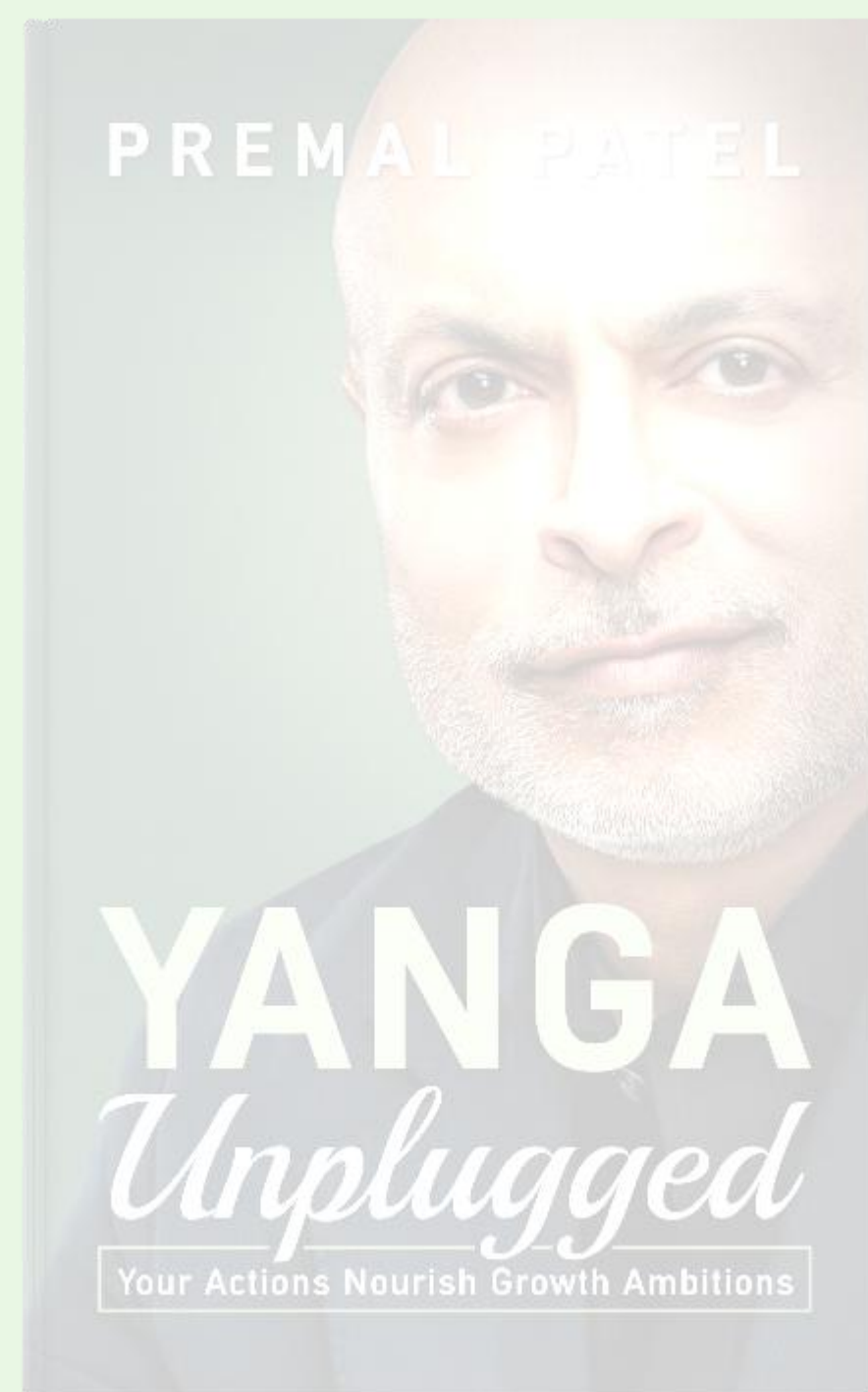
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Mindfulness in Growth: Balancing Mind and Body

- Integrate mindfulness practices into daily routines to enhance focus, creativity and emotional well-being
- This course includes guided meditations, stress-reduction techniques, and exercises to promote a balanced lifestyle.

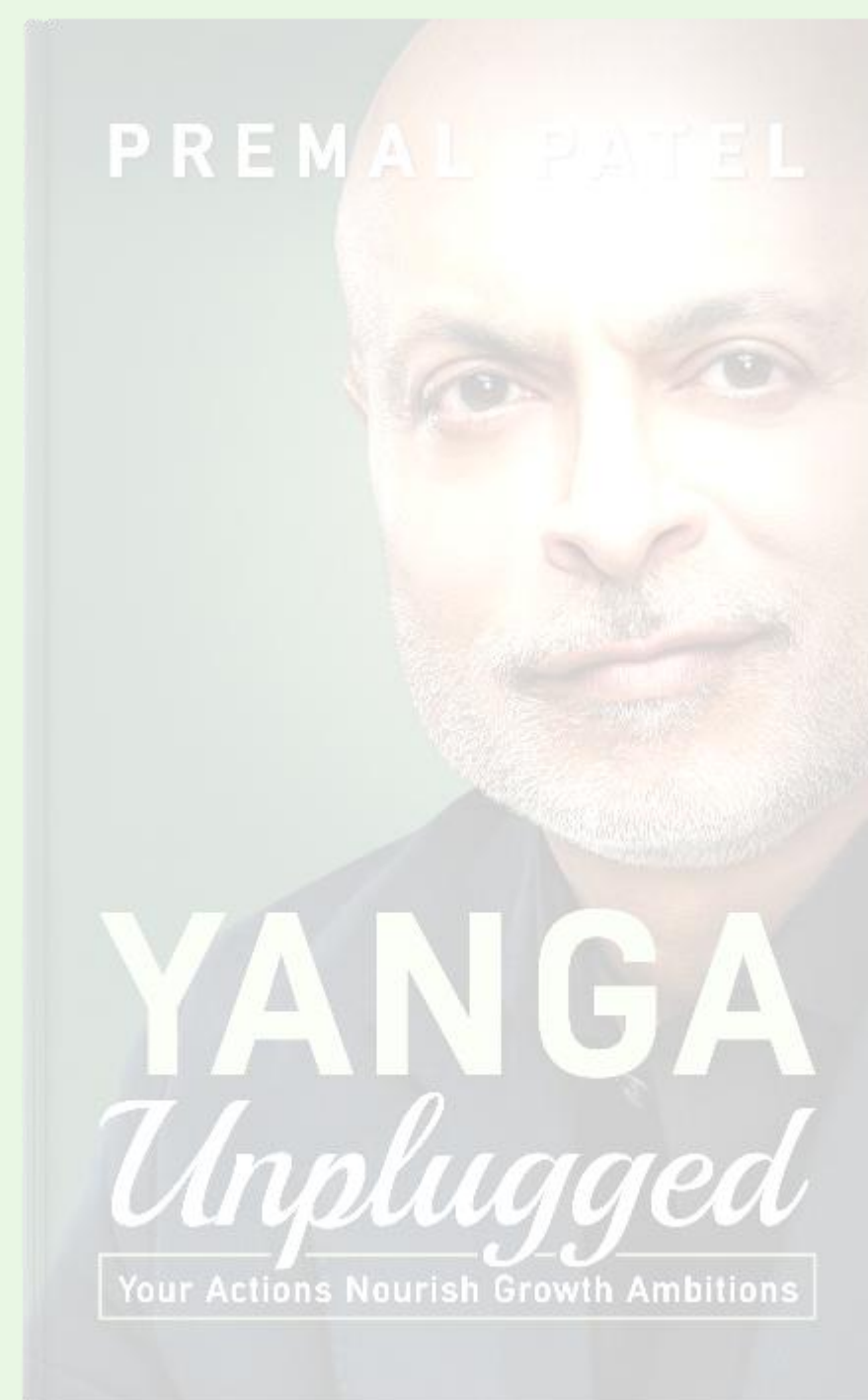
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Networking for Success: Building Meaningful Connections

- Master the art of networking to create valuable connections that support growth
- Participants will learn effective networking strategies, including how to leverage social media and professional events to expand their circles

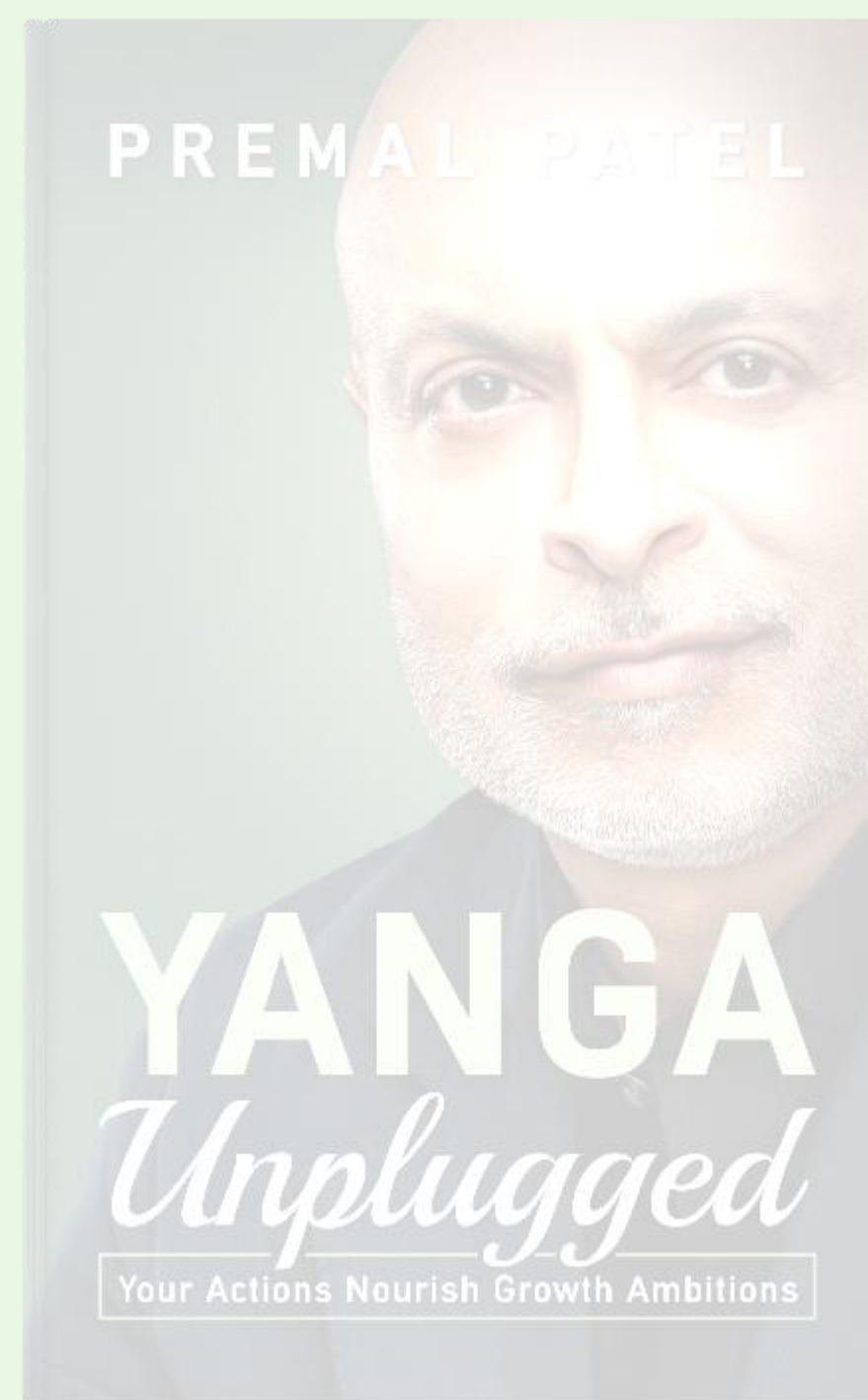
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Continuous Learning: Cultivating a Growth Mindset

- Embrace a lifelong learning philosophy that fosters adaptability and innovation
- This course emphasises the importance of curiosity and on-going education, encouraging participants to seek new knowledge and experiences

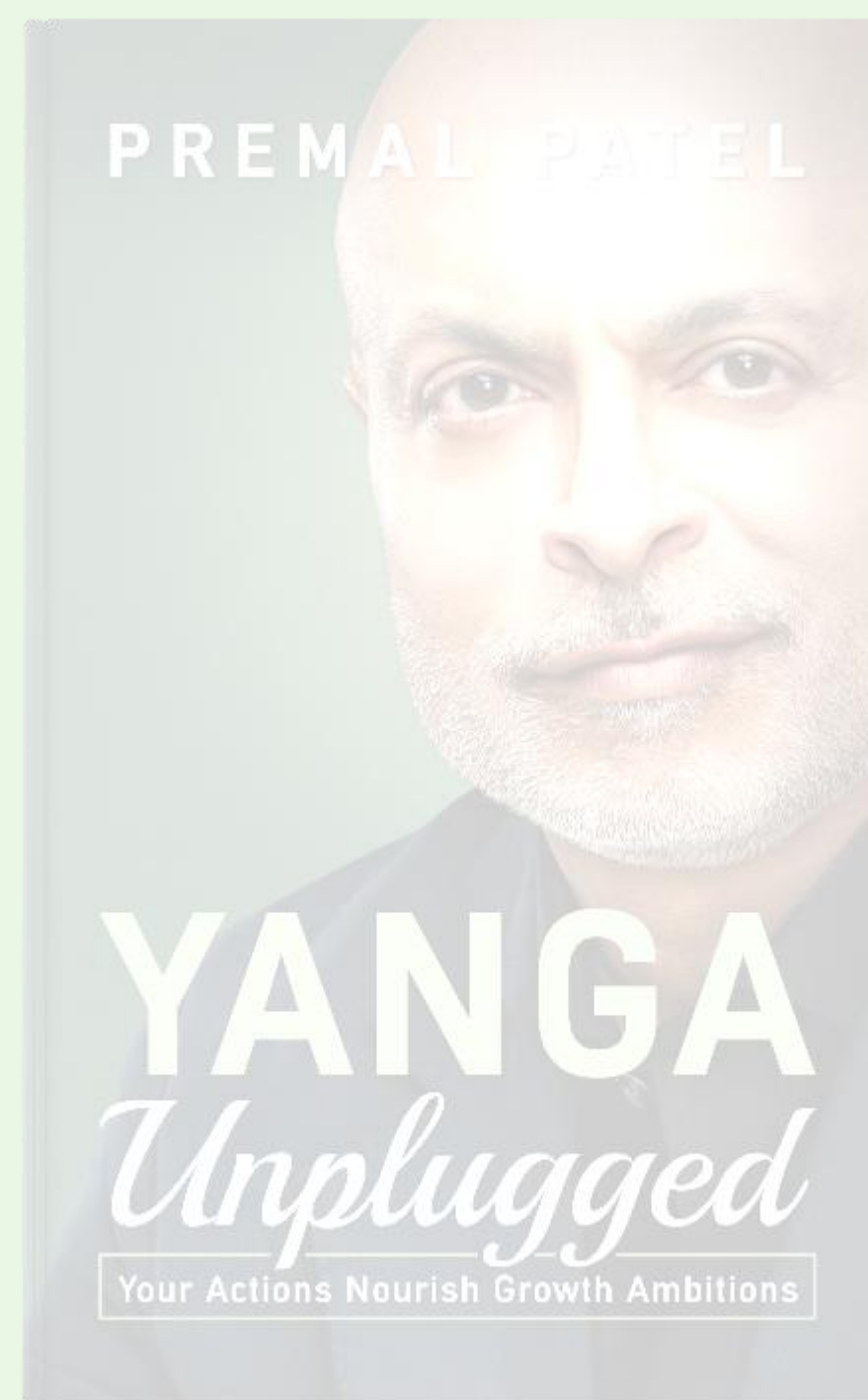
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Becoming a Leader and Ambassador in Your Field

- This course aims to equip participants with the essential skills and mindset needed to become effective leaders and ambassadors in their respective fields
- Attendees will gain insights into leadership principles, personal branding, networking and advocacy

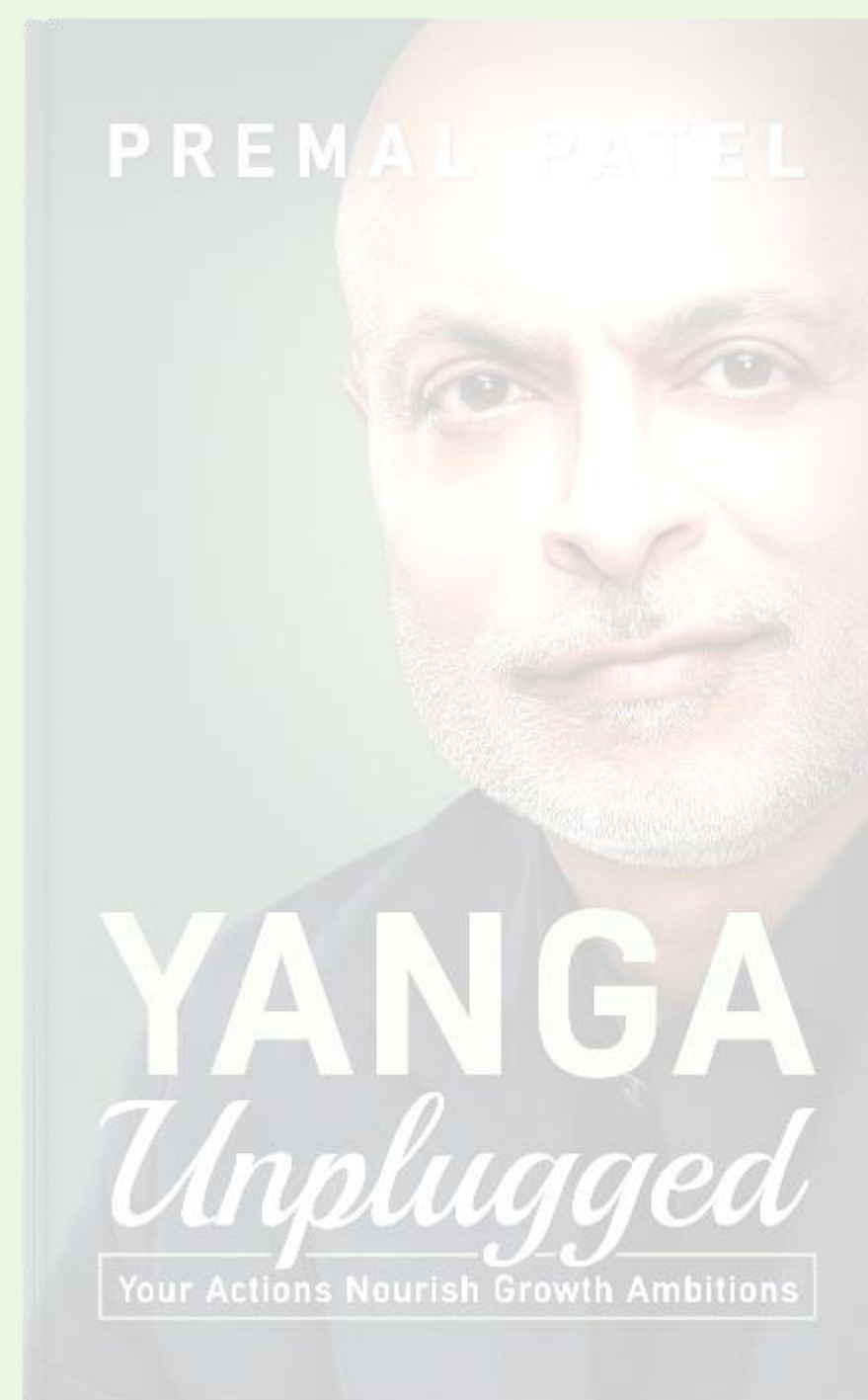
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Pivoting Your Career: Embracing Change and Learning New Skills

- This course is designed for individuals looking to pivot their careers and acquire new skills to adapt to changing job markets
- Participants will engage in discussions, interactive activities, and practical exercises to identify their strengths, explore new opportunities and develop a personalised action plan

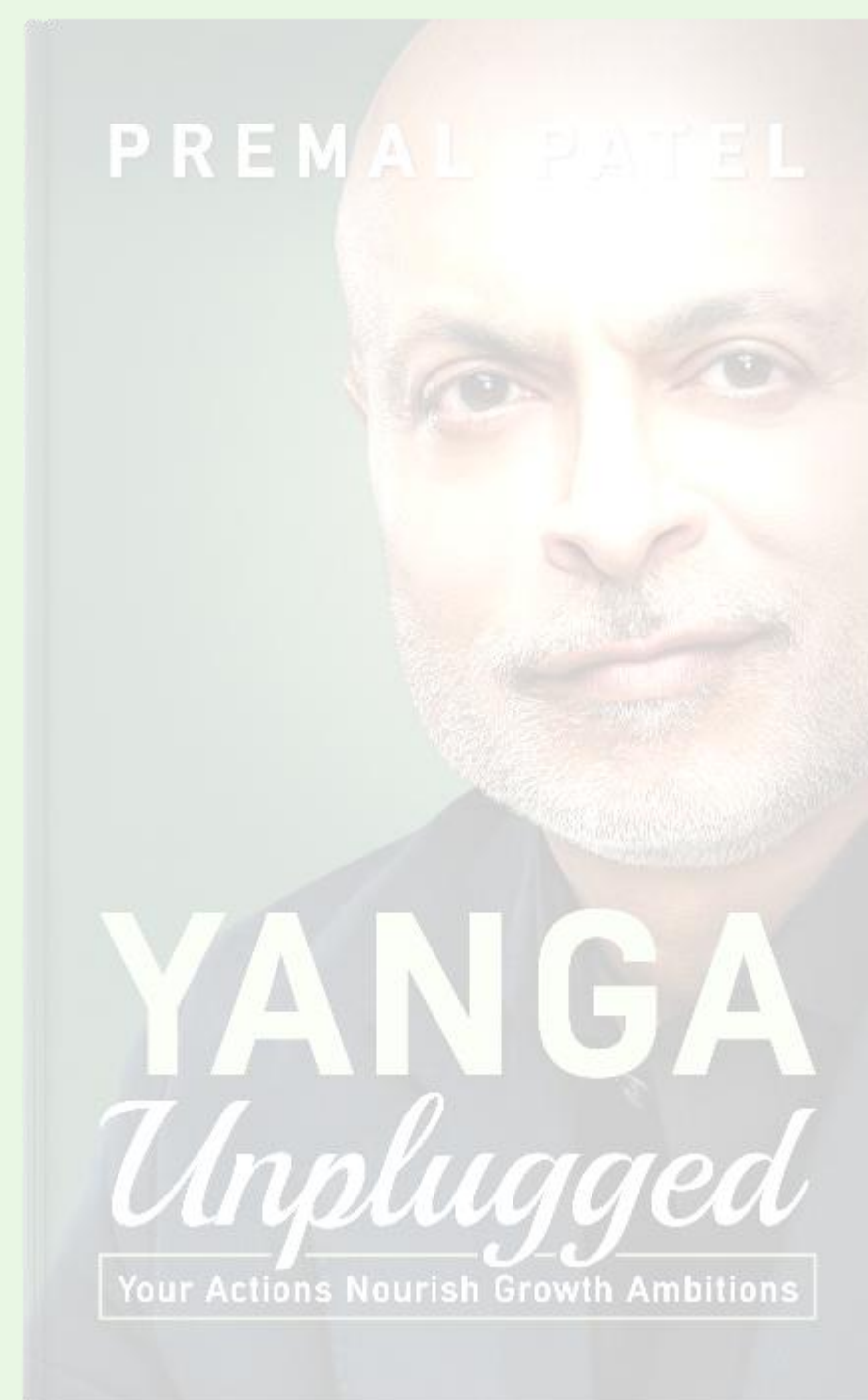
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Robust Relationship Management in an AI-Driven World

- This course aims to equip participants with the new skills and insights necessary for effective relationship management in a rapidly evolving AI landscape
- As technology continues to transform industries, the ability to build and maintain strong relationships will become increasingly vital

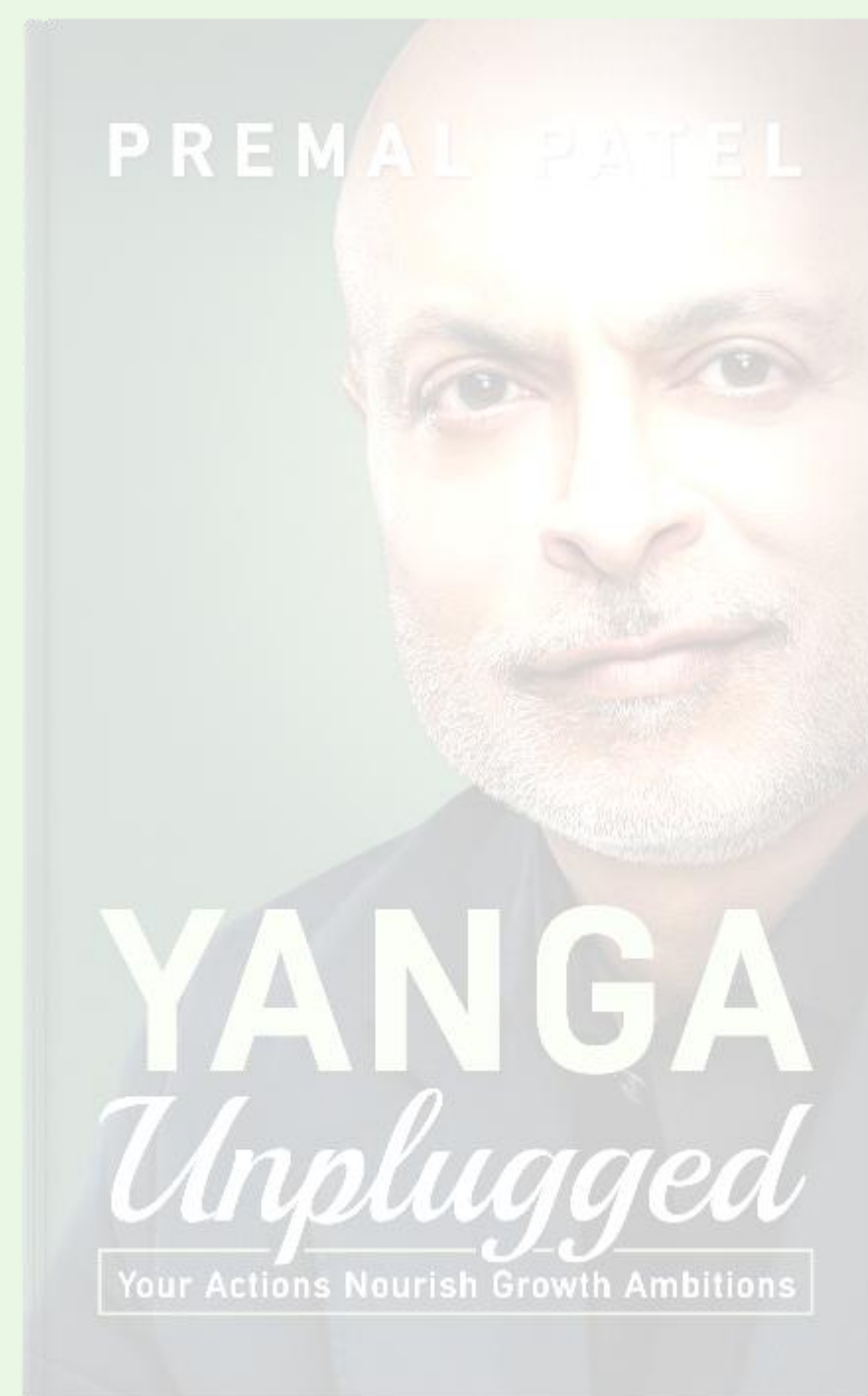
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Added Value

- Each course participant will receive a copy of YANGA Unplugged
- Enrollment to Healthy Minds Club UAE, a platform and app providing on-going access to resources and experts to support personal and professional well-being and growth
- 25% discount on career and business coaching rates for anyone who wishes to progress further learning and growth via coaching methods

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Course Costs (1)

Programme	No. of Attendees	AED / \$s
Navigating Growth: The YANGA Way	20	20,000 / 5,500
Foundations of Growth: Understanding Yourself	20	20,000 / 5,500
Building Resilience: Thriving in Challenges	20	20,000 / 5,500
Effective Communication: The Key to Connection	20	24,000 / 5,500
Leadership Development: Inspiring Others	20	20,000 / 5,500
Strategic Thinking: Planning for Success	20	20,000 / 5,500
Mindfulness in Growth: Balancing Mind and Body	10	18,000 / 4,900

Note – all 3rd party costs, ie venue hire, accommodation etc would be charged in addition to the course fees.

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PREMAL PATEL

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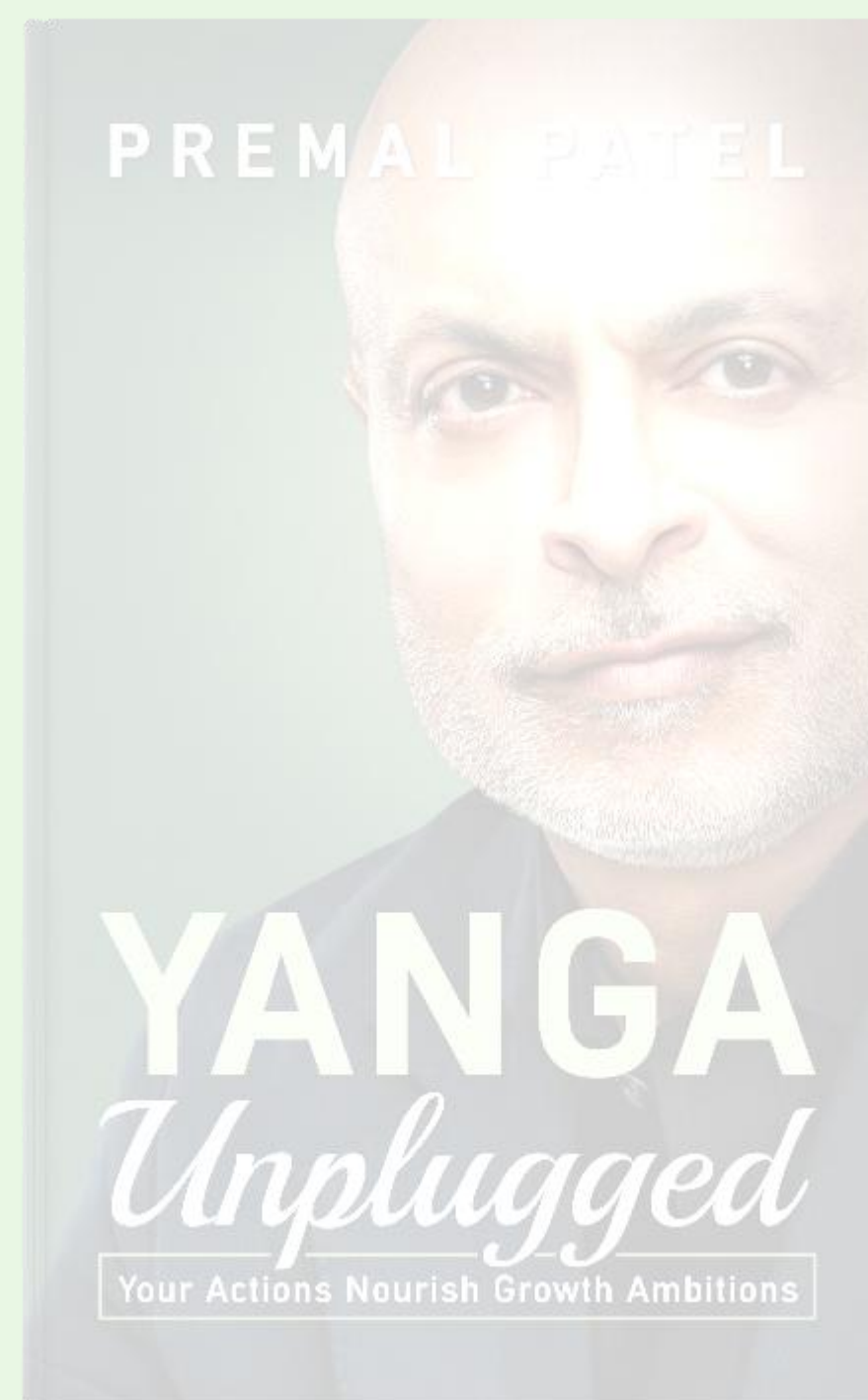
Your Actions Nourish Growth Ambitions

Course Costs (2)

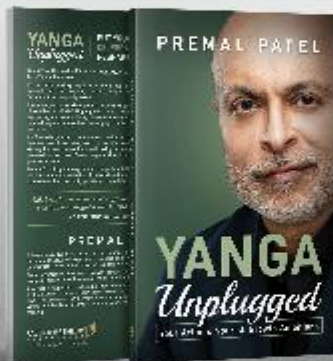
Programme	No. of Attendees	AED
Networking for Success: Building Meaningful Connections	20	20,000 / 5,500
Continuous Learning: Cultivating Growth Mindset	20	20,000 / 5,500
Becoming a Leader and Ambassador in Your Field	20	20,000 / 5,500
Pivoting Your Career: Embracing Change and Learning New Skills	20	20,000 / 5,500
Robust Relationship Management in an AI- Driven World	20	20,000 / 5,500

Note – all 3rd party costs, ie venue hire, accommodation etc would be charged in addition to the course fees.

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YOUR ACTIONS NOURISH
GROWTH AMBITIONS

PUT YOURSELF FIRST - CELEBRATE YOUR JOURNEY
RESHAPE YOUR DESTINY

