



INSIGHTS

...for Aspiring Emirati Leaders

INSIGHTS is a program tailor made for the national community, designed to enhance a series of skill sets that helps to make them better future leaders.

In essence, INSIGHTS enables a mindset in which the participant performs an activity in complete concentration, fully immersed in it with energized focus. This results in harnessing all emotions, channelizing them and creating a positive energy – delivering the highest levels in motivation.



Six key factors of INSIGHTS

- Enhance concentration and focus on the present moment
- Combination of awareness and action
- Awareness of reflective self-consciousness
- A sense of control and confidence to overcome tricky situations
- Realization of positive outcomes of seemingly challenging experiences, and
- Experiencing and believing that any activity can be rewarding.

Three postulates for positive outcomes

- Complete involvement with a clear set of goals and objectives – to add structure and give direction to a task



- Clear and immediate feedback – to maintain a positive flow of performance and to help negotiate changing demands, if any; and
- A good balance between perceived challenges and perceived skills to deliver the task.

What it teaches participants

The program modules are designed such that they instill a sense of self-realization and self control among the participants. When they realize themselves, they discover their real self and understand their own attitude and mindset. Realizing one's potential begins with knowing one's strengths and weaknesses and working on them.

A positive mental attitude is a key asset to recognize the challenges that reside within. It's the only way to overcome these challenges – through a journey of self discovery in which one's true potential is spotted and utilized. Herein lies the foundation of adapting to one's environment, made possible through the power of discipline and consistency.

To realize one's potential, it's important to develop objective-oriented, structured communication. Space – both personal and professional – needs to be re-calibrated, channelizing any volatility within, so that efficacy can be maximized.



The INSIGHTS journey that every participant undertakes

Essentially, INSIGHTS is a journey that passes through the stages of Creation and Transformation, turning the participant into a star with achievements unlimited.

This has been the result that keeps replaying session after session of INSIGHTS. By the end of the four-day session, it's observed that participants acquire abilities to manage real world experiences better – through understanding themselves better and releasing a professional, controlled reaction to situations. More than anything, it underlines the need for proactive behaviour to succeed in a diverse, dynamic and complex work environment.

The INSIGHTS program is a journey to success from a state of confusion and lack of confidence to a world of certainty and productivity. A journey that's created bespoke for Emiratis, for their success and fulfillment of their dreams.

“A program for Emiratis by an Emirati”

Our team has partnered with



XP Signature SERIES

Knock your competition **OUT!**

The Shin-Kai-Do Sales Mastery System (Shin, attitude, Kai, awareness, Do, approach) is inspired by the training methods used in martial arts. It's the result of a 10-year study of the success principles of the Eastern fighting disciplines, combining them with proven selling strategies.

Result

A knock out sales program that delivers a punch to the competition and leads to quantum growth in sales.

The Shin-Kai-Do Sales Mastery System



HR Advisory



Corporate Learning



Business Consulting



Coaching



Language Skills

www.xcellenceplus.com | UAE • India | Tel: +971 4 3964665 | Mob: +971 50 1401824 | gavin@xcellenceplus.com



Teams that Bond are Teams that Excel.

Team Building Activities
Because none of us is as good as all of us!



Conceptualised and executed to derive lessons on:

- Communication
- Collaborating & Competing
- Building Trust
- Situational Leadership
- Setting Goals
- Becoming a High Performance Team



Three of our many unique team-building activities:

Pot of Gold

A near replica of the work environment in the company; it brings to life the planning, execution and achievement of goals for a team and a company. Cowboy hats & bandanas add to the fun!

Boom!

A popular & engaging activity challenging the team; it has a lot of AHA! Moments and is set in a minefield with interesting props!

Team Chef

A food truck, a fine task and a fun dining experience! Teams go through challenges both weird and new in order to come up with a recipe, prepare a signature dish, market themselves... and make the mark!

Connect with us for these & more exciting activities!



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TRANSFORMATIONAL Programs

The ART of possible

From negative to positive is the biggest transformation that galvanizes people into action. Often, they are victims of unspoken fears and non-existent limitations that adversely impact their efficiency. Our Transformational Programs seek to break self-imposed boundaries and set the mind free – to absorb more and achieve higher.



Fire Walk

A lifetime transformational experience that tests the participant's energy, focus, 'can do' attitude, quantum leap thinking, courage, commitment, teamwork and quality orientation.



Glass Walk

The broken glass walk eliminates fear through sheer mind power. It helps to overcome performance-linked anxieties and barriers.



Rod Bending

A powerful breakthrough that takes the participant from 'impossible to possible' in minutes. Ideal to discover potential and aim for larger goals.



Tile Breaking

Smashing tiles help to explode many a mind barrier, opening it to never-before possibilities and opportunities.

With our high-impact Transformational programs, participants experience that **"Impossible, indeed, is nothing."**



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Or, how to **'Miraculize'** your life.

Miraculizing? Yes – after this program, every progress you make appears so natural and magical, it seems miraculous! It's happened to everyone who trained in this program: Millionaires, young as well as experienced CXOs, doctors, lawyers, entrepreneurs, professionals, you name it.

Three **Steps** to 'Miraculize' your life



- **Know yourself.**

Understand your neurology, learn how the brain works, take control of your emotions. Reprogram through experience and teamwork.



- **Succeed on autopilot.**

Program yourself for success, even in your sleep. Then, let your neurology take over.



- **Grow blissfully.**

Fine tune your intuitions, make excellent decisions, integrate all aspects of your life. Experience continuous, holistic progress.

Everyday miracles through uP! They are yours for the asking!