



Learning & Development

# AN INSIDE-OUT JOURNEY: DISCOVER, BREAKTHROUGH, TRANSFORM



## WHAT YOU WILL GAIN

- ✓ Understand your personal well-being profile
- ✓ Manage stress and emotions more effectively
- ✓ Communicate with greater clarity and impact
- ✓ Build a personal growth plan you can sustain



## WHO SHOULD ATTEND

- 👤 Professionals seeking personal & career growth
- 👤 Parents & Educators wanting to foster well-being
- 🎓 Students preparing for life's challenges
- 🔍 Curious Minds interested in self-development & technology



**Grace**

Psychology, NLP, NeuroScience



**Theresa**

HRDCorp Certified & Accredited  
Trainer



*Duration: 1 Day*



*Location: In House Training*



**Certificate Provided**



**HRDF Claimable**

## Contact Us



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# An Inside-Out Journey: Discover, Breakthrough, Transform

## Introduction

"An Inside-Out Journey: Discover, Breakthrough, transform" is an immersive workshop designed to propel participants on a transformative journey of profound self-discovery and growth, leveraging the innovative Vocal Biomarker technology. This workshop delves deep into the essence of holistic health, offering essential insights into participants' physical, mental, emotional, and social well-being. It's designed not only to enlighten but also empower individuals with the knowledge and tools necessary to identify personal strengths, address areas for improvement, and effectively manage stress and emotions, thereby enhancing personal productivity. Moreover, it equips participants to overcome professional challenges and develop effective interpersonal relationships. This holistic approach ensures that participants leave with actionable strategies for sustained personal growth and enhanced holistic health.

## Key Learning Outcomes

Upon completion of this workshop, participants should be able to:

1. **Decode Holistic Health:** Apply Vocal Biomarker insights to enhance overall well-being.
2. **Manage Stress and Emotions:** Utilize strategies for improved emotional intelligence.
3. **Strengthen Relationships:** Enhance communication-based on self and emotional insights.
4. **Action Personal Transformation:** Craft and execute a plan for ongoing personal growth.

## Workshop Methodology

The workshop employs a blend of instructional methods:

1. **Interactive Lectures:** Sessions that introduce key concepts and technologies, facilitated by experts in holistic health and Vocal Biomarker technology.
2. **Hands-On Activities:** Practical exercises where participants use Vocal Biomarker technology to gain personal insights, fostering an experiential learning environment.
3. **Group Discussions and Reflections:** Structured discussions that encourage sharing experiences and insights, enhancing collective learning.
4. **Personalized Action Planning:** Guided development of individualized action plans, ensuring participants leave with concrete steps towards personal transformation.

# Program Outline

## **Module 1: Discovering the Self**

1. Foundations of Holistic Health and Vocal Biomarker Technology
2. Unlocking Self-Insight
3. Emotional Regulation and Stress Management
4. Foundations of Effective Communication

## **Module 2: Pathways to Transformation**

1. Reflective Practices for Personal Development
2. Enhancing Productivity through Emotional Intelligence and Stress Management
3. Development of Personal Transformation Plans
4. Continuous Growth and Development Strategies