



About AUM

AUM Inc. is backed by experience of having worked in the Soft Skills & Behavioral Skills Arena with varied audiences from school/College/MBA Students to new hire/mid & senior management professionals. Some of AUM's signature coaching programs includes Work Life Balance, Emotional Intelligence, and Effective Personal Productivity & Transformational/Leadership Coaching



Why Should you attend?.

Workshop Objectives:

- Connection
- Communication
- Trust
- Accountability
- Awareness
- Collaboration



AUM INCORPORATED

E-102 Eden Park, Ganpati Chowk.Viman Nagar

Pune. Maharashtra. INDIA.020-26630-366. M- (0)88060-13029

About the Workshop.

Bliss is an initiative by **AUM Incorporated** to create a space of joy & security within families by building connections. After having worked with Teachers & Children in Schools across India, **AUM Inc.**, understands the concerns of Modern Day Life and incorporates its experience & learning into these Workshops.



“Happy Family is a Gift”



The 1st Part,

Blissful Parent demystifies Parenthood & the Art of Parenting. It will get one to take a look at oneself & help you influence children's' choices and assist them in reaching their goals. By the end of this workshop you will not dictate; you will inspire!

Part 2

Blissful Child is for children between the ages of 8 and 18 to create effective confident communicators who are Problem Solvers with the right Attitude. After this workshop children will be effective team players with a sense of Empathy & they will have the ability to take responsibility for their actions

Part 3

Blissful Connections is the bridge that connects Parents & Child through a joint workshop that gets Parent & Child together. The highlights of this Workshop are Family Time, Creating Safe & Secure Home Space and Effective Inter Personal Skills for all.

These workshops can also be done as Individual Workshops. Managing Thoughts & Emotions is central to all 3 Workshops. All workshops are experiential & interactive using NLP (Neuro Linguistic Programming), EFT (Emotional Freedom Techniques), activities, games, questionnaires & videos.