

Communicate to Connect!

Program Takeaways:

- ✓ Understanding your own communication style.
- ✓ Strengthening your communication skills and methods of delivery.
- ✓ Building emotional intelligence to communicate effectively.
- ✓ Using communication to build trust and manage within organization.

Contents

- Communication skills- why is communication important?
- How to remove communication barriers?
- What is Public Speaking?
- How to master the art of Public Speaking?
 - Includes how to write a speech, different delivery styles and individual presentations
- What is Elevator Pitch?



Program Delivery

A full-fledged interactive session with discussion, self-evaluation, case-studies, group/individual activities and mock sessions.

DATE: 18th April, 2015.

TIME: 9:00 am to 4:00pm.

DURATION (in Days): 1 day

Level (Low/Mid/Senior/High): MID

Target Audience: Professionals in leadership positions who want to enhance their communication skills: Branch Managers, HR personnel, Supervisors.

Contact us:

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Amuda Mishra is the Founder and Executive Director of Ujyalo Foundation, a non-profit organization that focuses on sustainable development in Nepal by conducting programs that promote innovation, encourage social enterprise, and increase capacity building through community based projects and cost effective technologies. One of the initiatives of the organization is to create lighting systems in rural communities by turning wasted plastic bottles to “solar-bottle-bulbs”.



Prior to Ujyalo Foundation, Amuda was one of the Clinton Global Initiative University commitment makers. As a part of her Clinton Global Initiative- Commitment to Action program, she founded ‘Project Ujyalo’, which focused on lighting up underprivileged communities in Birgunj using recycled plastic bottles. The main goal of the initiative was not only to light up homes but also to push innovative and community focused ideas at the grassroots level. Amuda believes that the best way to create sustainable developments is by empowering communities to become self- reliant. This initiative is what led to the establishment of Ujyalo Foundation.

Furthermore, Amuda has been working as a leadership trainer for more than four years training individuals in both national and international arena. Amuda was titled Miss Unity -2011 via Miss Asian American Colorado, USA Leadership program. Amuda is a dynamic and energetic individual with a very effective style of delivery who brings a global experience to the leadership training workshops. She has also been involved as a leadership trainer and jury in programs like Miss Nepal USA and Miss Asian American Colorado, and conducts monthly leadership training seminars in Nepal.

Amuda Mishra graduated with an M.P.H degree from the University of Colorado- Denver in 2013. Amuda also serves as one of the board members for another U.S based non-profit Udhyaami Nepali. In Denver, Colorado Amuda worked as Database Coordinator for Denver Coalition for Integration and has been actively involved in the refugee communities. In 2011, Amuda started an ‘After School Youth Empowerment’ program for refugee and immigrant children in Denver. Besides her immense passion for community development, Amuda is a strong advocate for women and youth empowerment.

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