

# REPORT FOR 138<sup>TH</sup> MAN CATCHING TRAINING PROGRAMME

I have attended the 138th Man catching training programme along with a team four other Kudumbashree staffs and total 22 participants attended the training. The faculty team consists of Shri.George Karunakkal, Prof.Tomy Cheran, Shri.Babu Nalakath and some senior man catchers. The training sessions started exactly at 4.30 pm as per the scheduled time. The introductory sessions were about the history and success of 'MINDS.' The trainers explained about the benefits that each participant is going to gain from the training were personal effectiveness, relationship effectiveness and professional effectiveness. Ice breaking session was really different from any other training that we have attended earlier, after the Ice breaking session we could easily remember the Name, Professional and Family details of the whole team. This made a good bonding between the team members. During the ice breaking session trainers taught us about how to influence others.

Second day starts with laughing exercise; it could help our mind to feel lightness. After that session on the different belief systems was taken by the trainer, It unveiled the knowledge on belief systems like building beliefs, self doubts and comfort zone. If we are ready to come out from our comfort zone, then only we can make good changes in our personal life and it will help us to achieve goals in our organization. During the communication effectiveness session it was taught that postures, natural gestures, good eye contact and effective voice modulation are the factors to be taken care of to make an effective public speech. And a number of exercise was carried out for making us confident to doing public speech and give suggestions to improve our postures and gestures etc. Attitude of gratitude session was very interesting, I think people who keeps the value of gratitude may always be happy and he/she can respect all other including the nature. It was taught that at the end of the day we should say 'thank you' in our mind for at least three person and also in the morning we should bless some people may be they

are unknown to us; this will give a positive energy to us. Law of Attraction was taught in the training.

In the session about Transactional Analysis, different ego states were explained in simple way. TA is a method of therapy wherein social transactions are analyzed to determine the ego state of the person. Every person has Parent ego state, Child ego state, Adult ego state. Character of the person is being depended upon which ego state is dominating by them. In transactional analysis, it is taught to alter the ego state as a way to solve emotional problems.

In this three day training programme classroom session was negligible considering the activities done through the training. This help us to improve team work. Fire walk was really an adventure for me and it increased my confident level. During the training a number of senior man catchers came to meet us; they shared their experience and success stories after the training that give inspiration to the whole team. And participants of the training were from different field and different age group but energy level was same for each member, this is only because of the effectiveness of the training.

BY

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