



# Mind Games

**TRAINING, ASSESSMENT & RESEARCH**

*[contact us at asirajmal@mindgames.pk](mailto:asirajmal@mindgames.pk)*

*We are psychologists dedicated to improving employee engagement, organizational effectiveness, enhancing productivity and improving business culture.*

*We have conducted thousands of assessments, trained hundreds of individuals, and are well-experienced in research.*

*Mind Games aims to help solve chronic business problems like staff disengagement, lack of trust and toxic office politics, no clarity of purpose, and poorly aligned systems. We hope to achieve these goals by application of cutting edge psychological research and knowledge.*

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# TRAINING PROGRAMS



# Training

- Customized Need based Trainings
- Content based on latest psychological research
- Addresses indigenous needs
- Intended to improve:
  - Individual & team productivity
  - Sense of meaning
  - Enhance motivation & engagement
  - Increase positive emotion & Emotional Intelligence

# Effectiveness for Managers

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- Evidence-based Effectiveness Behaviors
- Mindful reactions
- Solution focus and development
- Self-development

*In this course your staff will learn personal skills, team-focused skills and corporate focused skills or those needed to make your company more successful.*



# Manager as Coach

- Coaching: Basic concepts
- Manager vs Coach
- Coaching: Theory vs Practice
- Psychological processes in coaching
- *It is an evidence based program designed to give your managers the mindset, essential skills, and structured process they need to connect with and bring out the best in their people.*



# Emotional Intelligence for Leaders

- How leaders need to master own emotions
- Self-Efficacy
- Self-Awareness
- Empathy for leaders
- Persuasion and influence

***Nothing matters more to your leadership success than your ability to read and work effectively with all types of people. Nothing. That's why this training is crucial for potential leaders.***



# Branding

- Training program for marketing staff
- From basics of branding to advanced topics
- Practical exercises to enhance creativity and imagination
- Discussion of branding strategy and tactics

*In this fun and exhilarating one day course, you will understand how successful brands identify their brand values, identify opportunities and create branding strategies.*





# Leadership Training

- The Essence of leadership
- Leadership from a psychological research perspective
- Vision of a winning team
- The power of conversation

*Leadership training is aimed at giving potential leaders a new mindset: This two day workshop also introduces leadership behaviors and psychological insights into successful leadership.*



# Communication Skills Training

- Build relationships based on trust and respect
- Communicate effectively
- Foster gender and ethnic sensitivity
- Eliminate communication roadblocks and focus on nonverbal cues

*This course provides research based communication skills training in an exciting way to help your teams build relationships based on trust and mutual respect.*



# Time Management

- Managing Self in Time
- A fourth generation time management paradigm
- Values and Standards focus

*It is important to master time management techniques to overcome distractions and achieve personal and organizational goals and objectives in a timely manner. This course helps with clarification of values and standards and managing our time around these.*



# Stress Management

- What is stress
- How to manage it effectively
- Mindfulness practice
- Power of reframing

*This stress reduction workshop can help you learn techniques for dealing with the stress you face in your workplace and everyday life.*



# Anger Management

- Understanding anger
- Consequences of anger for relationships at work and at home
- Assertiveness instead of anger

*This workshop is for people who would like to express their ideas and feelings without angry outbursts and temper tantrum.*



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# ASSESSMENT



# Assessment

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- Assessment aligned to business objectives
- Different psychological assessments available
- Psychometric assessment for identification of strengths & weaknesses
- Assessment for Recruitment & Promotion



# Assessment & OD

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- Assessment for planning staff training & development
- Assessment for employee retention





# Assessment

- Projective Assessment
  - TAT
  - Rorschach
  - House Tree Person Boss (HTPB)
- Psychometrics
  - MBTI
  - Aptitude Tests
  - Various others as per organizational/individual needs



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# RESEARCH



# Research

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- Customized research designed to meet business needs
- Both qualitative and quantitative research available
- Training provided on research methods to marketing research staff
- Helping businesses develop branding insights
- A large network of researchers/data collectors all over Pakistan

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- *contact us at asirajmal@mindgames.pk*
  - *WhatsApp Dr. Asir Ajmal 0321-4185234*