



LEARNING

HOW TO – MEANINGFULLY TRANSFORM

Self-Leadership | Humanistic Skills Program Catalog

Personal - Relational - Strategic

mq-learning.com

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**COMPANIES WHO EFFECTIVELY NURTURE THEIR
WORKFORCE'S DESIRE TO LEARN ARE AT LEAST 30% MORE
LIKELY TO BE MARKET LEADERS IN THEIR INDUSTRIES.**

HBR Article, 2018

**LIFE LONG LEARNING SHARPENS MIND, INTER PERSONAL
SKILLS, AND CAREER OPPORTUNITIES. IT HELPS IN
LEADING ENRICHING LIFE OF SELF-FULFILLMENT.**

Research, Laal & Salamati (2011)

**CONTINUOUS LEARNING HAS ENHANCED MENTAL
WELL-BEING. COLLECTIVE LEARNING ARRANGEMENTS
COUNTERACT FEELINGS OF ISOLATION.**

UNESCO Report, 2020

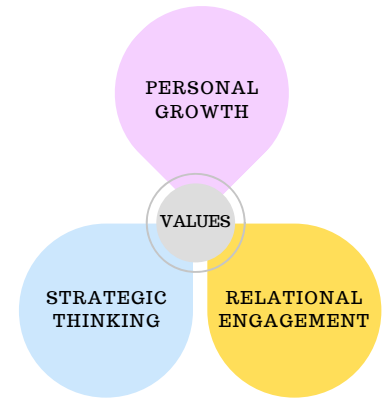
WHY MQ LEARNING?

The fourth industrial revolution, as per the World Economic Forum (WEF), will require a strengthened focus on self leadership skills to address the emerging complexities. In the 21st century, we all need to be lifelong learners: to understand our inner values, stay resilient, develop new forms of collaboration, and think strategically on the core issues.

Meaning Quotient - MQ Learning provides values-focused meta-competency training to professionals in personal, relational, & strategic areas.

Our carefully curated experiential programs led by highly experienced, interdisciplinary facilitators leverage the modalities of:

- Philosophical and Psychological Self Inquiry (*Western & Eastern*)
- Business Management
- Arts & Culture



| Our Meta-Competency Framework |

WHAT IS SELF LEADERSHIP PROGRAM?

- Our Self Leadership program offers values-focused "*3-hr Workshop Series*" in Zürich and online, across the areas of personal, relation, and strategic skills.
- Based on the principle of *learner autonomy*, the program provides a modular workshop catalog where participants choose what they want to learn.

Join us on your customized Self Leadership journey!

PROGRAM MODULES

Our 3-hr trainer-led workshops held Online and in Zürich provide continuous learning opportunities on the future's key "human" skills. Each module costs \$250 (incl. VAT), discounts available for in-transitions, & change makers.



PERSONAL GROWTH

**MAKE INNER VALUES
BASED DECISIONS**

**RE-IMAGINE YOUR
FUTURE**

**DEVELOP RESILIENCE FOR
TURBULENT TIMES**

**DEEPEN SELF-
AWARENESS**



RELATIONAL ENGAGEMENT

**BUILD STRONG AND
FLEXIBLE TEAMS**

**ENGAGE STAKEHOLDERS
SYSTEMICALLY**

**HAVE DIFFICULT
CONVERSATIONS**

**POSITION YOUR IDEAS IN A
BUSY WORLD**



STRATEGIC THINKING

**SOLVE PROBLEMS
METHODICALLY**

**STORYBOARD STRATEGIC
PRESENTATIONS**

**STRUCTURE STRATEGIC
PROJECTS**

**WORK & COMMUNICATE
PRODUCTIVELY**

FALL/WINTER 2021 CALENDAR – 3 HOUR SERIES



HOW TO	2021 DATE	HOW TO	2021/22 DATE
MAKE INNER VALUES BASED DECISIONS	SEPT 6 (Online) SEPT 8 (Zürich)	HAVE DIFFICULT CONVERSATIONS	NOV 16 (Online) NOV 17 (Zürich)
BUILD STRONG & FLEXIBLE TEAMS	SEPT 14 (Online) SEPT 15 (Zürich)	WORK & COMMUNICATE PRODUCTIVELY	NOV 30 (Online) DEC 01 (Zürich)
SOLVE PROBLEMS METHODICALLY	SEPT 21 (Online) SEPT 22 (Zürich)	DEEPEN SELF- AWARENESS	DEC 15 (Online) DEC 16 (Zürich)
DEVELOP RESILIENCE FOR TURBULENT TIMES	OCT 05 (Online) OCT 06 (Zürich)	REIMAGINE YOUR FUTURE	JAN 11 (Online) JAN 12 (Zürich)
ENGAGE SYSTEMICALLY WITH STAKEHOLDERS	OCT 19 (Online) OCT 20 (Zürich)	POSITION YOUR IDEAS IN A BUSY WORLD	JAN 25 (Online) JAN 26 (Zürich)
STORYBOARD STRATEGIC PRESENTATIONS	NOV 02 (Online) NOV 03 (Zürich)	STRUCTURE STRATEGIC PROJECTS	FEB 1 (Online) FEB 2 (Zürich)

Workshop timings are 18:30 to 21:30 CET. Limited to 16 participants to enable focused interactions.
Check calendar for latest updates: mq-learning.com/calendar

HOW TO

P.1 MAKE INNER VALUES BASED DECISIONS



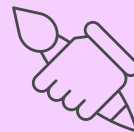
Roy Disney said, "It is not difficult to make a decision when you know what your values are."

Learn to:

- Reflect on your core values, using, e.g., Jung's active imagination & aspiring idols
- Align your reality with your values
- Make effective decisions using your values

HOW TO

P.2 RE-IMAGINE YOUR FUTURE

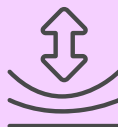


Abraham Lincoln said, "The best way to predict the future is to create it." It is never too late to re-design a thriving life. Learn to:

- Reflect on your past accomplishments
- Visualize different futures & choose the most resonant one
- Develop an action plan to build the future

HOW TO

P.3 DEVELOP RESILIENCE FOR TURBULENT TIMES



In turbulent times, the emerging complexities can overwhelm us. What we need is resilience from the inside. Learn to:

- Re-situate yourself in the world
- Source your inner energy using Joanna Macy's "Spiral that reconnects"
- Develop own method to sustain resilience

HOW TO

P.4 DEEPEN SELF-AWARENESS



"Know Thyself," the inscription at the temple of Delphi, reminds us centrality of Self-awareness for inner transformation. Learn to:

- Reflect how past shapes the present
- Uncover your Self with the knowledge from West (Jung) and East (Yoga)
- Make decisions based on Self-awareness

HOW TO

R.1 BUILD STRONG AND FLEXIBLE TEAMS



Business is never a solo activity. Managing teams and nurturing relations are an integral part of success. Learn to:

- Respect & leverage diversity of thoughts
- Communicate bigger picture & impact
- Set expectations and "give & receive" constructive feedback

HOW TO

R.2 ENGAGE STAKEHOLDERS SYSTEMICALLY



Like a community, an engaged stakeholder network can multiply your influence. Learn to:

- Map an emerging stakeholder landscape as a widening web of relationships
- Use an interest-influence matrix to inform an engagement strategy and approach
- Develop relations of shared success

HOW TO

R.3 HAVE DIFFICULT CONVERSATIONS



Navigating a difficult conversation in a direct, empathetic, and reflective way can transform a challenge into an opportunity. Learn to:

- Understand different levels of listening
- Reflect on complexities of tasks, unspoken assumptions, and the personal insecurities
- Apply skills of collaborative dialog

HOW TO

R.4 POSITION YOUR IDEAS IN A BUSY WORLD



In a fast-moving world, compelling positioning of ideas is vital. Persuasion is an art that combines logic, empathy, and values. Learn to:

- Connect with the higher purpose of idea
- Design the story-plot evoking rationality, empathy, and deeper meaning
- Select impactful medium to reach audience

HOW TO



S.1 SOLVE PROBLEMS METHODICALLY

Problem-solving is a mindset to continuously look at the bigger picture and use methodical tools to determine solutions. Learn to:

- See the big picture to find the right problem
- Structure potential solutions, e.g., through MECE, logic trees and pyramid principal
- Prioritize the solutions for action planning

HOW TO



S.2 STORYBOARD STRATEGIC PRESENTATIONS

A convincing strategic presentation is a story intertwined with key messages in a simple structure. Learn to:

- Understand the purpose of a presentation
- Build a convincing storyboard plot
- Create meaningful slides using a theme catalog

HOW TO



S.3 STRUCTURE STRATEGIC PROJECTS

Strategic project management bridges the gap between a vision and the desired results. A science that's artistically done. Learn to:

- Solve the right problem e.g. via issues trees
- Scope, prioritize and plan activities to develop a realistic implementation plan
- Align and utilize people network

HOW TO



S.4 WORK & COMMUNICATE PRODUCTIVELY

Productivity is about identifying the essential and eliminating the rest. Though simple, it is a skill that needs cultivation. Learn to:

- Manage time using Eisenhower matrix
- Communicate (written) crisply for results via e.g. concise emails, messages
- Develop audience-driven results reports

HOW SELF LEADERSHIP PROGRAM IS DIFFERENT?

- *Learner Autonomy*: Simply, the learner decides what to learn. Our Program empowers personalized leadership plan design based on modular workshop catalog. We are also happy to work together with participants to help them develop their individualized plans.
- *Trainer led Focused Learning*: Highly experienced, inter-disciplinary facilitators run our carefully curated workshops, limited to 20 participants to enable focused interactions. Our workshops also provide an inspirational space of meeting like-minded people.
- *Skills of Life for Life*: The program emphasizes values-focused leadership development by leveraging the modalities from philosophical self-inquiry, business management, and arts & culture. We aim to bring the subjective perspective in learning spaces for overall human development.

WHO IS A TYPICAL PARTICIPANT?

Our participants comprise corporate leaders, managers, and societal change-makers intending to change Self as they redefine the Work. These workshops also serve as inspiration ground to meet like-minded people from different sectors and facets of life.

WHAT IS THE REGISTRATION PROCESS?

Individuals can register directly at mq-learning.com/calendar. For business, we offer a customized token-based booking system at meaning-quotient.com. Our business clients can buy tokens and then allocate them to their teams for booking. We charge only for used tokens.

Please ask for more details at info@mq-learning.com

FOUNDER & FACILITATOR



Deepak Bansal

Embracing the philosophy of multi-disciplinary learning, Deepak holds degrees in the fields of Technology (MTech - India), Business (MBA, HSG Switzerland), and Humanity (MA - Philosophy, California; Coach CPCC, ACC). With 15+ years in the corporate world, he has held executive positions in companies like Accenture, Deutsche Post DHL and Zurich Insurance Company. He has also designed and led the Learning & Development area for a strategic consulting unit. *Contact: deepak@mq-learning.com*

OUR FACILITATING PARTNERS



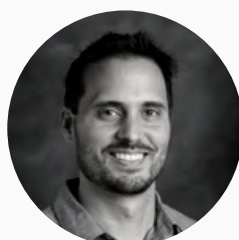
Diego Hangartner

Mental Balance & Universal Ethics, Cofounder Mind & Life Europe



Toni Cortese

Leadership Coach, Diversity Champion, Investment Banking



Christopher Miller

Assistant Professor Jainism & Yoga Studies, Author, Community-Builder



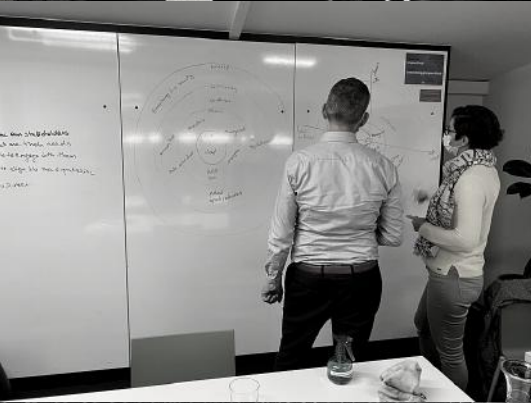
Sarita Sehgal

Cross-sector Partnerships, Coach, Intl. Development, Vedantic Philosophy



The way MQ Learning designs and facilitates their workshops is shaped by the creativity that was deeply rooted in rich and versatile life experience. The depth of conversations is truly what we need in the business world.

Chunfeng D., Leadership Learning Digital, ABB



Credit to MQ Learning for so effortlessly creating an environment where we all felt comfortable to put work, organisation, and status to one side and share our humanity with each other.

Steven S., Portfolio Manager, Zurich Insurance



SWISS
DIGITAL
INITIATIVE



Truly enjoyed the strategic project management workshop with MQ Learning: It helped me to become more efficient in my everyday life and shed light on some of my blind spots. It was a pleasure and a privilege.

Niniane P., Managing Director, SDI



This experience of dialogue, inspiration and reflection was very powerful and gave a new wave of energy to all participating change-makers. Now I'm convinced: system change starts with deeper connection and resilience.

Laurène D., Lead, Climathon Zürich

Climathon

MQ

LEARNING



THE FUTURE OF WORK CONSISTS OF LEARNING A LIVING

Marshall McLuhan

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