

## Human Interaction Leadership Lab

Finding joy in Life & Work

“Everything that irritates us about others can lead us to an understanding of ourselves.”

- Carl Jung

### About the Program

A profoundly experiential human interaction lab, where participants as a group of around 10-12 participants work together along with facilitator(s) to learn about the human processes. This engagement contributes to self-discovery, interpersonal effectiveness, and rewarding group-working. As a leader, people may be deriving satisfaction in the work-sphere or outside (as a parent, head of family, social group etc), this program is bound to put them in touch with the additional elements of joyous life, fulfilling work and success that one can be truly proud of. This program helps one get in touch with who they are and who they can be.

The facilitators' focus on 'here and now' helps create a climate for learning wherein the group uses each other as a resource to derive insights. Even though apparently there's no predetermined agenda, the process helps everyone discover more about self, their strengths, and styles; influence/ impact of their behavior on others and vice-versa.

### Objectives

Utilizing experience, practice and rich behavioral science underpinnings, this specialized Human Interaction Laboratory offers an opportunity to increase one's knowledge/ understanding and build the skills needed for a wide range of human interactions. This will help participants to

- Discover behaviors that serve and limit oneself
- Increase one's emotional intelligence – ability to understand and manage self and interactions with others
- Improve one's ability to reach out more effectively
- Deepen one's understanding of interpersonal processes and group dynamics

The unstated pay-off being:

- Understand why and how one trip over oneself when influencing others
- Unlock latent potential
- Relate realistically to others, in terms of one's similarities and differences
- Understand the process of personal unfolding toward wholeness
- Further increase one's sense of self worth

### About Us

**Potentia Institute** is a unit of Potentia Growth Services ([www.potentia.in](http://www.potentia.in)). Potentia Institute brings a panel of celebrated applied behavioral science exponents, who catalyze one's growth journey centered on participant's *insights, relationships, life, work* and *success*. This is achieved through offerings that are grounded in experiential learning, contemporary research & its applications to human growth.