



MADRAS MANAGEMENT
ASSOCIATION

Presents

One Day Workshop on

Successful Workplace Communication



Date : Friday, 18th July 2025

Time : 10:00 AM - 05:30 PM

Venue : Madras Management Center, Chennai

Workshop Objective

- To empower professionals with the tools of Nonviolent Communication, enabling them to handle difficult conversations with empathy, confidence, and clarity, while enhancing team synergy and workplace culture.

Workshop outline

- Understanding the Four Pillars of NVC: Observation, Feelings, Needs, Requests
- Emotional literacy: Expressing feelings without blame
- Listening with empathy: Understanding what's behind the words
- Assertiveness with kindness: Saying “No” with grace
- Building psychological safety through authentic conversations

- Real-life workplace roleplays and conflict resolution exercises

Methodology

- Experiential Learning
- Case-based Discussions
- Self-Reflection
- Framework-driven Practice

Who can Attend

- Managers & Team Leaders
- HR Professionals and People Managers
- Cross-functional Teams

- Speak clearly, without blame or judgment
- Identify and express your own needs and feelings effectively
- Listen empathetically and defuse workplace tension
- Handle tough conversations without damaging relationships
- Set healthy boundaries while staying connected
- Transform conflicts into opportunities for collaboration and trust-building
- Build a culture of respect, psychological safety, and belonging
- Anyone seeking emotional clarity and effective conflict navigation



Mrs. Rama Ravee Titti
Founder-Director,
Theeshiksha Group of Companies

- International certified Corporate Trainer | Master NLP Practitioner | Empowerment & Personal Branding Coach | Lions Quest Trainer | FDI Graduate | International Certified SEL Trainer for Growing, Adolescence and Youth | Therapist: CBT & SFBT
- 20 years of Experience - Corporates (Middle Level, Upper Level, Directors & CEOs), Training College & School Students, Teacher Training Workshops, Youth & Women Empowerment Programs.
- Conducted more than 2150 workshops, training, seminars, and guest lectures.

ACHIEVEMENTS

- Interviewed by leading Indian Television Channels - Jaya TV, Vijay TV, Podigai TV & received Sadanai Penmani Award from Doordarshan
 - Featured in Womation Magazine
 - Appreciated as Best Teacher by Chinmaya Mission
 - Recipient of HERO medal by Lions International for New Voices
 - Received Tejaswini Award from All India Women's Association
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**Rs. 1300 + 18 % GST for
MMA members**

**Rs. 1800 + 18 % GST fee
for Non - Members**

Early bird 5% for
nominations received with
participation fee on or
before 11th July 2025

*Fee once paid will not be
refunded.

Register Now

Scan here to pay



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our Whatsapp number
6374603433

Contact us

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