

Hands-On Workshop on Integrity and Optimal Performance

with Emanuele Anchorini

Resource Person:

Emanuele Ancorini from New York City is a former National Champion and professional Figure Skater with over 20 years of experience as a Figure Skating Coach and 5 years of coaching and consulting as a Life and Business Coach. Aside from working as an Actor in Commercials, Films, and TV, he is also trained to lead seminars for Landmark Worldwide and has trained in LifeCoaching at the Coaches Trainings Institute.

Currently, Emanuele is writing corporate coaching seminars and courses and focusing on the joy of fathering.

Venue: E Learning studio, Amrita Vishwa Vidyapeetham Amritapuri Campus

Date: 3rd March 2016 till 3rd Sept 2016 (10 sessions) of 3 hours each

Attendees: Abhilash KK, Jgyananand S, Radhika Mohan, Ranga Venkataraman, Sreejith Kumar S, Swetha Chidurala,

Workshop Introduction:

There is a hidden relationship between integrity and performance.

The purpose of the workshop was to provide unambiguous and actionable access to optimal performance for persons and organizations.

For human beings, the medium for creation is one's word. How one invents a new possibility, shares possibility, and enrolls others in it, is all through one's word.

- But have you ever heard the saying: Talk is Cheap?
- Well, we say that talk isn't cheap; people cheapen talk.
- One way we cheapen our talk is by making promises and agreements and then not honoring them.

We can't expect our word to have power if we don't honor our promises.

Objective:

The objective of the workshop was to discover that the level of integrity caused the level of performance and to learn what it took to increase one's performance.

Outcome:

There was a positive impact of the training. Please find below several comments found in the evaluation of the training.

“I understood to what extent integrity played a vital role in our communications and tasks. I also understood where my weaknesses were and how I could improve those areas. I was able to learn this as I went through the entire course.”

- “1. The facilitator worked at the grassroots level with communications and with building truthful and healthy relations.
2. He was reaching out to every student and made sure they were catching up with the content.
3. If someone were to follow the course on a daily basis, this would make him/her reliable and positive.”

“I have gained the following abilities through this workshop:

- Increased awareness and alertness
- Self analysis
- Decision making
- Ability to confront and go through challenging moments
- Accountability
- More focus on life and work.”

The difficult part was to find a common timing to meet, as all of the attendees had very hectic schedules.

There were several individual sessions, Q&A, plenary sessions and homework. All this contributed to the success of this training. The facilitator was really available, kind, and patient.

Conclusion:

The training helped Ammachi Labs team members to develop their ability to introspect, to develop awareness regarding their words and actions, and to transform their interactions slowly in a professional environment. The training in itself was a success.

Invitation: Integrity and Performance, Ammachi Labs Session-3 @ Thu Mar 17, 2016 4pm - 5pm (Jgyananand)

1 message

Shwetha Chidurala <shwetha.chidurala@ammachilabs.org>

Fri, Mar 11, 2016 at 7:08 AM

Reply-To: Shwetha Chidurala <shwetha.chidurala@ammachilabs.org>

To: jgyananand.sato@ammachilabs.org, Emanuele Ancorini <monkeyscorpio@gmail.com>, Sreejith Kumar S <sreejith.kumar@ammachilabs.org>, ranga.venkataraman@ammachilabs.org, abhilash.kk@ammachilabs.org, radhika.mohan@ammachilabs.org

Integrity and Performance, Ammachi Labs Session-3

[more details »](#)

Aum Namaha Shivaya

From yesterday session I remember next session is scheduled on March 17th, from 4 pm till 5 pm.

Please mark your calendars.

in AMMA

When Thu Mar 17, 2016 4pm – 5pm India Standard Time

Where over skype or a conference call from Ammachi labs ([map](#))

Video call https://plus.google.com/hangouts/_/ammachilabs.org/shwetha-chidura

Calendar Jgyananand

Who

- shwetha.chidurala@ammachilabs.org - organizer
- Emanuele Ancorini
- jgyananand.sato@ammachilabs.org
- Sreejith Kumar S
- ranga.venkataraman@ammachilabs.org
- abhilash.kk@ammachilabs.org
- radhika.mohan@ammachilabs.org

Proof of training



From: Jgyananand Sato <jgyananand.sato@ammachilabs.org>

Date: Sat, Sep 3, 2016 at 5:45 PM

Subject: Evaluation

To: Emanuele Ancorini <e@monkeyscorpio.com>, Emanuele Ancorini <monkeyscorpio@gmail.com>

Om Namah Shivaya

Please find enclosed the different evaluation forms

I add also the additional comment from one participant

To what 5 cents I attended and learnt I felt it was good. I only felt it was my personal problem of not able to study and discuss and also to follow English and weak in vocabulary.

In Amma

Jgyananand

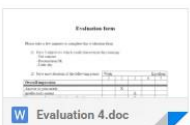
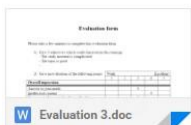
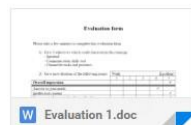


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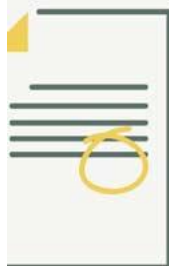
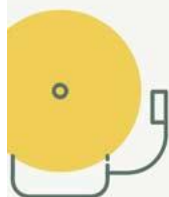
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5 Attachments





INTEGRITY AND OPTIMAL PERFORM ANCE TRAINING



By **Emanuele Ancorini**
National Champion and
professional Figure

2016-03-03, 09:00

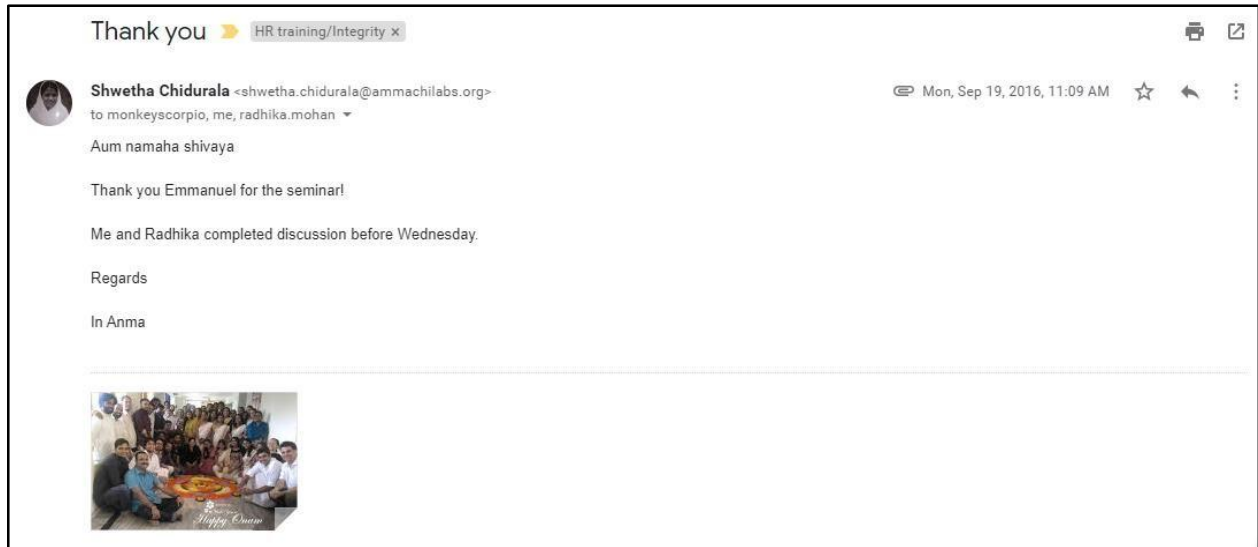
TO

2016-03-04, 17:00

Venue at Amrita University



Proof with the evaluation of the attendees



Picture of all Ammachilabs with Emanuele Anchorini after the workshop