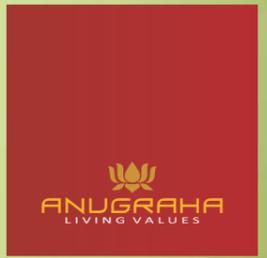


a definite approach for building a joyful you...



Values in action
 Learning, clarifying, assimilating and living values by experimenting with your choice...



group activities | Inter personal | problem solving | logical thinking | testing endurance | survival skills | perseverance | agricultural activities | community living

communication | team development | better understanding of goals | role modeling | rejuvenation and stress relief | sharing and bonding | environmental awareness | better understanding of social problems

inner growth | face and solve challenges | looking for opportunities | handling adverse situation | improving courage and confidence | becoming more determined | overcome fear and frustrations

An outdoor retreat is a vehicle for learning through experience, where the learning is real, with real experience - no success and failure; just an experience that endures forever!

Retreats offered:	Executive retreat	Leadership retreat	CEO retreat
Family retreat	Educational retreat	Spiritual retreat	Happiness retreat
ECO retreat	Nature retreat	Corporate retreat	Wellness retreat



Experiential learning through experimenting with your choice!

anubhuthi
 EXPERIENCE UNLIMITED...

Values in action

experiential outbound learning...



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Inspiring transformation...

Outbound learning is experimenting with series of choices in a challenging and natural environment. The experience gained helps one to overcome inhibitions that work as stumbling blocks in self - growth, family environment, organizational culture, society and greater good of the universe.

Participants discover their true potential, strength, opportunities, challenges and learn their understanding of themselves, family members, team members, associates at workplace and members of society. They learn and improve their ability in handling, challenging situations and people with minimum disturbance.

In today's world, the need of the hour is for assimilating right thinking and execution. In our view, an effectively developed experiential outbound learning retreat can fulfill the above need. Outbound learning retreats have been found to be effective in the area of total transformation that includes interpersonal relationships, trust and bonding, communication of shared vision and goals, working in alliance, behaviour modification in response to change, effective stress management, understanding one's own actions and improving personal effectiveness in execution and much more.



Discovering the best in you...

Our outbound learning initiatives: A n u b h u thi helps you to discover the internal resources required, regardless of differences in personal backgrounds. It has been repeatedly proven that the participants in a well - designed outbound learning initiative always find the experience memorable, and the benefits significant and long - lasting. You are just one choice away from discovering such an experience!

The main purpose of our outbound learning initiative is to "Understand our choices and correct them in time, in an environment that enables us to lead a life of least disturbance".



Reinvent yourself...

A n u b h u thi: Our outbound learning initiatives are conducted in natural, rural and wilderness sites far removed from day - to - day disturbances. In a tranquil, serene and informal environment, up close with nature, participants usually become more introspective and uninhibited, thus paving the way for a complete and effective learning process. After spending a few days in such a situation, you bond together in a way that is impossible in an office or family atmosphere with its own disturbing contributing factors.

You are put into unfamiliar environments and unpredictable situations, stretched beyond your normal comfort zones. Thus, you lose your inhibitions, shed your masks and become more receptive to learning. In the environment thus created, it becomes easy for you to reinvent yourself by correcting your choices.

The activities at an "A n u b h u thi" initiative are structured exercises designed from years of experience in coaching and mentoring to address specific issues. You are taken through a number of activities that are specifically aimed at exploring issues like self - growth, spiritual learning, inspiration, leadership, team building, conflict resolution, change management, risk - taking, goal - setting, creativity, decision - making, communication, managing stress, family - values, self - reliance and much more.

Activities are customized to match your context, with the initiative continuously building on relevant themes for greater effectiveness in transformation. You are given activities best suited to your requirement and learning ability.



Experience with a purpose...

The bedrock of "A n u b h u thi" lies in taking you away from your normal work environment into the outdoors, and placing a new, unfamiliar set of challenges before you, the solving of which throws up a whole lot of new equations. The initiative works on the principle that when a person is thrown into a pressure - cooker situation, where one has to fend for oneself and meet challenges as a group, there is a definite growth in many directions.

We demolish the misconception about such outbound learning that it is nothing more than a walk in the jungle, a few jumps through hoops and a campfire. Nothing could be further from the truth. With us every outbound learning initiative is carefully designed, executed and monitored to achieve specific goals. Every time it is a new vision and a new way to make it happen.