

About CRISP

CRISP is established under Indo-German Cooperation agreement as an autonomous organisation of the Dept. of Technical Education and Skill Development, Govt. of M.P.

CRISP provides technical training and consultancy services for Industry Personnel, Government Officers, Faculties of academic and teaching institutions, Students and Jobseekers. CRISP is equipped with the state-of-the-art equipment and technology, latest software, qualified, trained and experienced trainers in the relevant fields.

CRISP has its head office in Bhopal and training centres at several national and international locations.

Other training programmes in Behavioural Science offered at CRISP are :

- Achieving excellence
- Enhancing positive attitude
- Communication and Presentation Skills
- Managerial effectiveness
- Motivating towards excellence
- Positive personality development
- Training of Trainers
- Team building
- Managing self and motivation
- Leadership development programme
- Managing emotional intelligence
- Excellence through multiple intelligence



Patron Clients of CRISP



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STRESS AND CONFLICT MANAGEMENT (SELF HYPNOSIS)



...unleashing the full potential of men & machines

STRESS AND CONFLICT MANAGEMENT (SELF HYPNOSIS)



Introduction of Course

The ability to communicate and make effective presentation are the key factors that distinguish successful managers among the crowd. Communication goes beyond the ability to speak and articulate. It requires thorough self- knowledge combined with the ability to understand others and relate to them.

To be an effective communicator, one must uncover and transcend the barriers to communicate within one-self and understand the process of communication, within and outside the organisation. Moreover, effective communication and presentation are competencies, which have relevance far beyond the work context and are never too late to be improved.

Course Contents

- General Introduction and Therapy techniques
- Introduction to Hypnosis
- Self-Hypnosis and Self-Healing by Imagery
- Circle of Excellence
- Goal achievement through Hypnosis
- Anesthesia through Hypnosis, getting rid of fears and phobias
- Technique to improve memory
- Magnetic passes, Jacobson's progressive muscle relaxation
- Locking up session

Methodology

The programme consists of a mix of

- Structured and simulation exercises
- Lectures & presentations
- Demonstration & probing
- Interactive discussions & role plays
- Individual & group presentation

Pre-requisite

- Professionals from all sectors.
- Individuals above 18 years of age.

Duration

Full time: 2 working days (7 hours/day)

Course Fee

Residential : Rs 9,000/- per participant
(on twin sharing basis)

Non-residential : Rs. 6,000/- per participant
Service tax extra.

Mode of Payment

Cash or DD in favour of CRISP Society, payable at Bhopal.