

Power of Play Corporate Webinars 2020

1. Emotional Resilience – Energize and Reconnect with your inner resources

How self-aware are you? Do you feel drained, stressed and unable to find joy? Is facing the day a daunting task? Would you like to learn simple ways to energize and re-connect with your inner resources? An innovative approach to raise self-awareness to foster self-compassion – vital for stability, stress management and self-improvement – via individual and group reflections facilitated through creative mediums of art and movement to promote good mental health critically important for emerging leaders to thrive in the ‘new-normal’.

Facilitated by Sulochana Dissanayake

2. Cross-Functional Collaboration through Storytelling

Ever imagined the possibilities of creating a dynamic original story from a single creative stimulus with a group of total strangers? Discover the simple art of story-telling and how to apply the same principles to foster cross-functional collaborations at the work place. The more diverse the creators, the more fantastic the story! Foster a growth mindset by practicing simple creative techniques that can pave way for genuine collaborations to enhance resilience during unprecedented times.

Facilitated by Sulochana Dissanayake

3. Rethinking Thinking

What makes some leaders flourish under situations that have ‘no established precedence’ while others flail to maintain equilibrium? What is the connection between keeping our inner child alive and problem-solving under the most crucial circumstances? Join us for a colourful yet speedy exploration of critical thinking and how a healthy imagination can prove to be the life-line to pull us back to shore in the stormiest of weathers.

Facilitated by Sulochana Dissanayake

4. Feedback to Fertilize Growth

Imagine the power of feedback to build vs. break – to grow vs. stunt and to empower vs. humiliate. Learn how to foster your self-awareness to enable you to stabilize your own emotions in critical situations and provide non-judgmental feedback that can foster mutual

problem-solving and innovation. Harness creativity through constructive feedback to inspire vs. leading by authority and fear. Join us with an open mind and playful attitude and embark on a journey of personal growth.

Co-facilitated by Tehani Chitty & Sulochana Dissanayake

5. How to play with your children to foster deeper connections and collaboration

Looking for ways to connect deeply with your children to better collaboration? Join us to explore physical and psychological techniques to strengthen any relationship through creative play – with fundamentals applicable to all relationships in life. Discover why play is the ideal medium to establish trust and mutual respect and learn how to play to foster deeper connections. Participate with your own child (aged 4-18 years) and discover how to playfully build resilience through enhancement of creativity and critical thinking abilities.

Co-facilitated by Seema Omar and Sulochana Dissanayake

Professional Fee:

Each webinar is priced at **LKR 40,000/-** inclusive of;

1. One virtual client consultation.
2. Tech run with host company/organization that can be observed by one or two key stakeholders.
3. Main webinar
4. Second virtual client consultation to discuss feedback and way forward.

Any requirements beyond the above can be discussed and priced separately. Full payment (non-refundable) is required to be direct deposited on or before the date of the main webinar.

Logistical Requirements

1. Time duration – All webinars have an ideal duration of 2 hours – 1.5 hours of content and 0.5 hours for Q & A.
2. Preferred platform is Zoom and the host company needs to provide the platform and have a technical assistant at hand to manage the platform – chats and polls required.

3. All webinars require participants to have a physical space (10x10 Ft minimum) for movement activities and drawing materials (paper/crayons).
4. Active participation (keeping your mics and video switched on for majority of the interactive exercises) is recommended to maximize the impact of the webinar.
5. Parental consent is required for the 4th webinar listed for participation of minors – please refer sample consent form attached for video/audio recording and sharing of images of minors on print and digital media.
6. A full tech run of webinar with host is required prior to the actual event to ensure smooth proceedings on both ends. This run can be attended by one or two key decision makers from the host company/organization.
7. An official letter of feedback from the host company/organization is required within 2 weeks of program completion.
8. We request that **POWER OF PLAY PVT LTD** is tagged on all social media posts pertaining to these webinars. If a post is not generated from the host company/organization, we would like to request permission to have the recording shared with us for us to share a few stills from the recording on our social media platforms of Facebook and Instagram.

Facilitator Bios

Founder and artistic director of Power of Play (PVT) LTD, **Sulochana Dissanayake** engages in communication development, corporate trainings, education and performance, based in Pita-Kotte, Sri Lanka. A cum laude graduate of Bates College (B.A. in Economics and Theater, 2009) (www.bates.edu), her study of social economics combined with formal training in acting, directing, play writing and puppetry has led her to connect with diverse audiences using non-traditional tools for effective communication. She facilitates positive behavioral changes across industries by employing creative and interactive communication techniques to convey critical information in fast paced work environments. Her professional experience in leading theaters in USA (Guthrie Theater - www.guthrietheater.org & Williamstown Theater Festival - www.wtfestival.org) exposed her to the supremacy of theatrical presentations to influence audiences. Keen on discovering the power of performance to build bridges across social, cultural and economical divides, she travelled to South Africa and Indonesia on a Watson Fellowship (2009/10, awarded by the Thomas J. Watson Foundation of IBM). Back in Sri Lanka for the foreseeable future, Dissanayake won the BUNKA Award (awarded the Sri Lankan Artists by the Sri Lanka-Japan



Friendship Association of Sri Lanka) in 2016. Dissanayake capitalizes her experience in USA, Europe, Africa and Asia to customize unique communication solutions for corporate, governmental and non-governmental sectors of Sri Lanka. For more information, please visit www.powerofplay.lk & www.facebook.com/powerinfoplay .

Tehani Chitty is a therapist who provides one-to-one and group counselling sessions for children and adults seeking support with a range of issues including, emotional and behavioral difficulties, anxiety, depression and trauma. She holds a MA in Drama and Movement Therapy from the Royal Central School of Speech and Drama (UK) and is a member of the British Association of Dramatherapists. From 2018 to 2019 Tehani ran self-compassion groups with women from conflict affected areas in seven Districts. She has worked with children in residential care for 3 years and has co-created the Good Enough Parent Course which provides participants with an understanding of mindful parenting. Tehani is passionate about supporting people through the process of building emotional resilience and this shapes much of her work.

Seema Omar is a professional counselor with over 5 years of specific experience with a special focus on art and drama as a means of therapeutic expression and resilience building. Omar obtained her M.A. in Applied Psychology (specializing in counseling) from Annamalai University India. Omar founded BOOTEEK (producing hand-sewn products) as a sustainable income source for under privileged women and individuals with special needs. Omar is currently practicing in Sri Lanka working with children, young adults, parents, teachers and caregivers while continuing her training with international practitioners.

Past referrals and facilitator headshots can be shared upon request.