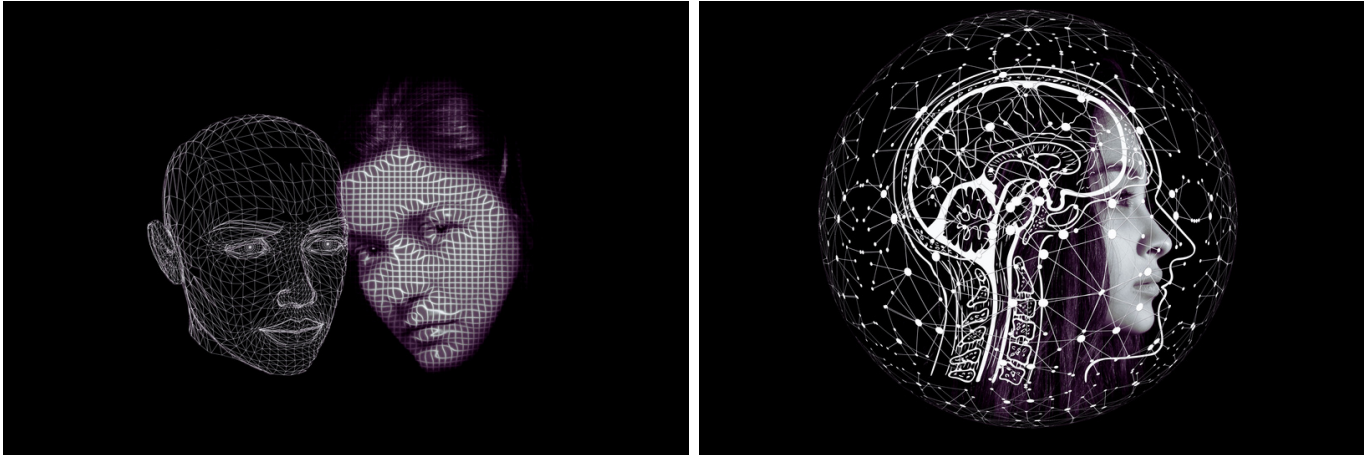




TECHNIQUES FOR IMPROVED COMPLIANCE
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In today's fast-changing business world, companies are continuously looking for ways to improve employee efficiency, reduce stress, and increase engagement, while maintaining organizational compliance and this is not an easy task.

The solution I offer to these challenges is a training program that utilize proven techniques from Cognitive Behavioral Therapy (CBT), Neuro Linguistic Programming (NLP), and Emotional Freedom Therapy (EFT), combined with the knowledge and know-how of compliance from the legal and professional aspects.

Why CBT, NLP & EFT? I will explain and provide some ideas to using these modalities, so you can do it yourself. I also offer my services in my training program.

Let's start!!!

CBT, NLP, and EFT are three proved & widely researched powerful tools for personal as well as professional growth, and it is my opinion that combining them in a training program, will provide a complete approach to organizations in achieving desired goal, in a way that is effective and enjoyable (which is no less important).

Here's a demonstration of what each of these techniques can bring to a training:

Cognitive Behavioral Therapy (CBT) focuses on the connection between thoughts, feelings, and behaviors. In the workplace, CBT can assist employees to identify and challenge negative thought patterns, and then develop positive and productive habits of thinking instead. This 'upgraded' mindset can then be effective to increase compliance with policies and procedures, in a win-win manor.

Neuro Linguistic Programming (NLP) is a set of techniques and strategies used to help people understand and change their thought patterns and behaviors. NLP can help employees to identify and eliminate certain limiting beliefs that hold them back, and develop better communication skills, that can also facilitate a more compliant organization culture.

And finally, Emotional Freedom Therapy (EFT) uses tapping on certain acupressure points to effectively reduce stress and increase motivation, making it an ideal complement to CBT and NLP in a training program.



In my work I link the stress effect (fight-flight-freeze) to the tendency to be compliant or not, and I divide people to 4 segments. Research shows that motivated and stress-free/less employees can have better focus and attention to detail, have better cognitive abilities to make effective decisions. All resulting in improved discipline and compliance to internal and external instructions, which is important if we want to achieve any goal, or finish tasks without procrastination.

I find that combining these three powerful techniques in a training program, can help employees develop skills and tools needed to be more productive, motivated, and engaged in the workplace, while ensuring organizational compliance. The result is a win-win for both the company and the employees. The company benefits from improved performance, and the employees benefit from personal and professional growth.

Tying and linking these three techniques, in the right order in an effective training program is my life's work. Aimed to build an effective organizational environment and culture, where people make better decisions.

For the reasons, why we don't decide what is best and most effective, and why we seem to sabotage our own wishes, I will write in the coming future.

So, if you're looking for a way to boost employee productivity, reduce stress, increase engagement, and ensure organizational compliance, consider incorporating these techniques or get information about my training program. The benefits are clear and the results are win-win, making this training a valuable investment for your organization.

About the writer - ZOHAR MOR ADV

Academician, lawyer, lecturer and writer. B.A, in Statistics (Performance Research) and Political Science, LL.B in Law and Master of Laws LL.M with Honours. Worked in compliance, regulation and risk management for the past 16 years. Today assists in motivating employees to comply with the guidelines, organizational change process to implement regulation and increasing motivation with an emphasis on managing the stress effect, through lectures, workshops for organizations and personal training using an integrated method (NLP, EFT, CBT)

For information about lectures and personal training in an integrated method (NLP, EFT, CBT) contact me.