

SELF MOTIVATION AND SELF AWARENESS WORKSHOP.

Here is a self awareness and self motivational workshop for your executives / staff / associates / faculty that ploughs and prepares the mind to achieve on whatever we desire and be happy all along!

This self awareness workshop is unique because it is totally devoid of jargons. And for the first time a simple mathematical model has been developed which relates our thought world to our physical world. This workshop enables participants to 're-engineer thought and rebuild life' irrespective of the one's current situation.

Everyone aspires to be happy in whatever s/he does. That's the basic human nature.

But in reality, the majority of the people feel unhappy with their profession, family, society and even with the self. All this is because of the stress caused by the present way of life style which in turn is dictated by the networked society. The demands of the profession, family and society on the person are enormous. Coping and balancing such a wide ranging issues cause stress. And stress is the major contributor to the physical as well as psychological ailments.

So it is very essential to learn de-stressing ourselves on a day to day basis to remain healthy and productive.

We are being bombarded by hundreds and thousands of technique to achieve success and happiness. It is difficult to decipher the code to happiness through the dilemmas and paradoxes inherent in every system, thereby confusing the practitioners of these techniques. This workshop aims to de-clutter the mind.

Any person, who is happy with the self, will spread the happiness all around. Happy people are always preferred in any corporation and institutions, as they contribute much more than 'productivity' to the society.

This workshop brings the awareness of coherence and divergence of the team members, thereby leading them towards striving for the common goal.

To sum up, this workshop rejuvenates the participant by creating self awareness and thereby learning to cope up and balance the needs of the profession, family and society.
