



Life Transformation – A Prelude

Venkatesh Ramachandran

Agenda



- ✓ Objective
- ✓ Program Methodology
- ✓ Contents
- ✓ 2 Days Tight Schedule !!!
- ✓ Support System
- ✓ Requirements
- ✓ Eligibility Criteria
- ✓ Benefits
- ✓ About “Success Mantra”
- ✓ Contact

Objective



- ✓ *Smoothen the transition from a student to an employee and position him/her as a “LEADER”*

Student → Employee → **Leader**

- ✓ *Create an awareness in each individual to identify his/her strength and development needs*
- ✓ *Implement “secrets” at an early stage for successful personal & professional life.*

Program Methodology



This program is very unique and designed to reap holistic benefits.

- ✓ “**Gurukul**” method of imparting knowledge
- ✓ 20% Theory ; **80% Practical**
- ✓ Two-Way Communication
- ✓ Students Involvement
- ✓ Balancing 8 pillars of Wellness
- ✓ Discipline with loads of Fun !!!
- ✓ Sub-conscious Programming
- ✓ Magical Techniques
- ✓ Discussion, Case studies
- ✓ Simulations, Role Plays, Exercise
- ✓ Feedback, Questionnaires, Self-Analysis
- ✓ Implementation Oriented
- ✓ Periodical Review & Support



Contents



- ❑ Workshop consists of both “**what**” & “**how**” elements
- ❑ Tips & Tricks revealed to succeed in the below topics
 - ✓ Aptitude Tests: Cracking within ‘Time’ & Best ‘Accuracy’
 - ✓ Interview: Creating first impression & Clinching an Offer
 - ✓ Group Discussion: “Standing out” in a group
- ❑ Enhancing all facets of Leadership Skills as given below
 - ✓ **Personal**: Accountability, Resiliency, Courage
 - ✓ **Team**: Communication, Collaboration, Team Work, Engage & Inspire
 - ✓ **Thought**: Problem Solving, Innovation, Strategize
 - ✓ **Results**: Managing Execution, Consistent Results Delivery, Productivity Improvement
- ❑ Balancing **8 Pillars of Wellness** !
 - ✓ ***Physical Health***: Exercise & Yoga
 - ✓ ***Spiritual Health***: Meditation Techniques, Power of Silence
 - ✓ ***Mental Health***: Brain Training & Enhancing Skills at ease
 - ✓ ***Occupational***: Goal Setting, Time Management, Consistent & Peak Performance, Assertiveness and Saying “NO” at times and yet bonding Relationship
 - ✓ ***Emotional***: Staying Positive, Stress Management & Pain Management
 - ✓ ***Financial Management***: Crorepati Dream & 100 Crore Club !!!
 - ✓ ***Environmental***: Go-Green and Sustainable Initiatives
 - ✓ ***Social***: Giving back to society - Emphasis on both Money & Time

2 Days Tight Schedule



Day 1 (Saturday):

- 08:30 am: Settling Down & Registration
- 09:00 am: Session 1
- 11:00 am: Tea/Coffee Break
- 11:30 am: Session 2
- 01:30 pm: Lunch break
- 02:30 pm: Session 3
- 04:30 pm: Tea/Coffee Break
- 05:00 pm: Session 4
- 07:00 pm: Day 1 classroom session concludes
- 07:00 pm to 08:00 pm: Dinner
- 08:00 pm to 09:30 pm: Fun activity, Exploring hidden talent etc

2 Days Tight Schedule



Day 2 (Sunday):

- 05:00 am: Wake Up !!! 😊
 - 05:30 am: Warm up & Physical Exercise
 - 06:00 am to 07:00 am: Yoga
 - 07:00 am to 07:30 am: Meditation
 - 09:00 am: Session 1 starts
 - Rest of the timelines follow Day1 (4 Sessions) till 07:00 pm
 - 07:00 pm: Workshop Concludes
- ❖ *Participants would be ready by 05:30 am on Day2 in full track suits, t-shirts & sport shoes to exercise & do yoga. They have to bring yoga mat and are encouraged to carry a water bottle and towel for this session.*
- ❖ *Participants are expected to attend Day2 with Business Formal Dressing (Suit, Tie) or Indian Ethnic Wear (Kurta, Saree etc). There will be a photo session on Day2 at 09:00 am.*

Support System



- This workshop is designed and imparted in such a way to have transformation that would benefit them for lifetime !
- Quarterly Review through an assigned group leader among themselves.
- Personal visit once in 6 months
- Daily inspirational messages and follow-ups through email, SMS and Whatsapp
- Goal Setting, Career Guidance & Mentoring for life-term through remote assistance
- Alumni Meet – once in a year

Requirements



To conduct this workshop successfully, following are required

- Classroom/conference hall with projector and screen facility. Should be able to connect laptop to it and project it on the screen.
- A collar mic and a standalone cordless mic with good quality amplifier and speakers
- Professional photographer who can shoot both still and video
- Open playground for physical exercise
- Room to perform yoga/meditation
- A-1 size blank white charts (min 5) with sketch pens (min 5 sets)
- Provision for participants to stay overnight at college premises/hostel on Day 1.
- Participants to bring at least 1 extra pair of casual wear for Day1 after hours activity.
- Participants are required to be dressed in full tracksuit, t-shirt and wear sport shoes on Day 2 morning and be ready by 05:30 am. It is MANDATORY.
- Participants to bring yoga mat, water bottle and towel on Day 2 by 05:30 am.
- Minimum intake required to conduct this workshop is 25 participants.
- Maximum intake per batch would not be more than 100 participants.

Eligibility Criteria



To attend this workshop and reap its full benefit, following are the eligibility criteria

- Participant must have full inclination and commitment on his/her personal and professional growth
- Utmost dedication and sincerity required and this workshop is mainly for those who want to invest their quality time and money for dramatic improvement
- At least one week before the workshop, participants are encouraged to switchover to vegetarian diet. They can add fruits & vegetables in abundance along with their daily food intake.
- In addition to food, they have to drink more water and keep them hydrated at all times.
- As it is a holistic learning, they should be willing to invest 2 full days (Sat & Sun) without any disturbance.
- They should be able to stay overnight at college campus on Saturday. They need to obtain necessary permission from their parents/guardian and communicate to college management.
- Last but not the least, they need to have a positive attitude and an open mind to explore and experience new stuff !!!
- Note:** *This workshop is a holistic learning and DOES NOT support any particular religion, faith, caste, creed, group or gender. It is an unbiased program for happy, healthy and wealthy living.*

Benefits

Jumpstart
to become
'Leader'

Shed 'Ego' & learn
from anyone

Learn new
skills at ease

Boosting self-
esteem and
confidence

Inculcate
'Appreciation' as
an integral part
of daily life

'BEAT' the
timeline with
smart work

Face 'fear'
courageously

Goal Setting and
always exceed
the expectation

Discipline in
everything

Hone up
Public
Speaking

Diffuse 'Fun'
culture and be
energized even
at odd times

Stay positive ever

Self-program
mind to manage
any situation

Accept
Challenges
& Move on

Mind, Body
& Soul
integration

Amass 'Wealth' –
Legally, Ethically
with Happiness,
Peace & Fun!

Be happy
forever

About “*Success Mantra*”



- ❑ “*Success Mantra*” is a sole proprietorship organization.
- ❑ Mainly aimed at students community to bridge gap between college and corporate.
- ❑ Reduce the occurrence of ‘*re-inventing the wheel*’ as 20+ years of my personal learnings are shared with utmost sincerity.
- ❑ With 80-20 model of Practical Vs Theory, the entire course is designed to provide holistic learning and ***Success Mantra*** is committed for periodic follow-ups to enable sure success path.

Contact



Name : Venkatesh Ramachandran

Company : *Success Mantra*

Place : Bangalore 560097

Email : Venkat.Ram@success-mantra.net

Mobile : +91-9901080276



“If you want something you’ve never had, you must be willing to do something you’ve never done”.

Thomas Jefferson

Thank You