I am a -Behavioral & Advance Facilitation trainer (American Tesol certified Peak Performance) -High Impact Presenter (Dale Carnegie Foundation) & Counselor/Mentor

Professional services:

25 years experience in Corporate Training & Management Consulting comprising Strategy, Training, Change Management, HR and Regulatory across diverse industries (Logistics, Consulting, Oil & Gas, Auto component industries & Govt.of India).

- 1. Training workshop Behavioral growth & Emotional Balance, Value & Ethics, Career compass Communication/Interviewing/ Negotiation Skills. Personal Effectiveness & Development
- 2. Counselling youth & adult (behavioral, emotion support, early adulthood, marital relationship)
- 3. Consulting faculty development, emotional wellness/ motivation, alignment with the future, institution excellence.

Workshop Details - I offer **25 workshops** based on **age groups**- 14 to 24 yrs, 25 yrs & above A. <u>Age Group: 25 to 45</u>

INDIVIDUAL / ORGANIZATION - PERSONAL TRANSFORMATION WORKSHOPS

A holistic experience of personal growth for all round success and balance in life. Emotional inventory, self healing, goal setting, motivation, and life direction form the key components. Exercises and workouts to activate mid-brain functionality enabling you to gain- inner calm & strength, - self belief and visualization- high self-esteem & confidence- achievement focus- positive energy- healthy relationships-healthy habits & well-being - overall abundance

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[1]: LIFE 2.0 REWIND, UNWIND, UNLEASH YOUR POTENTIAL.

We all carry our emotional baggage from early childhood. This causes Blocks in achieving our Aspirations, Dreams & Desires. Acknowledging and discharging emotional blocks & rewriting our Dreams & Goal Getting is the sole aim

- -Do you feel lost without a sense of direction in life?
- -Are you looking forward to guidance and support to help you accelerate your personal growth and professional development?
- -Is your emotional state affecting your plans & purpose?
- -Do you want to become emotionally balanced?
- -Is your past troubling you? Is it pulling you down?
- -Are you feeling scared about your future?
- -Are you losing out on relationships? Do you want to fill the missing gaps in your life? Do you want to overcome?
- Mid Life Crisis, Indecisiveness, Unemployment, Unfulfilling Career, Business Failures, Low Self Esteem, Lack of Confidence, Rejection, Self Defeating Beliefs, Addiction & Self Destructive Habits, Unhealthy Relationships, Traumas, Hurts & Past Wounds, Chronic Physical Illness, Anxiety, Sleeplessness

Rewrite Your Life Script.....Become the Person You were Created to Be

Welcome to the WORKSHOP on Personal Growth and Happiness.

Experience the journey of emotional growth for positive living.

Gain a direction in life. Become more aware of where you want to go.

Take control of your life. Live Free. Dream More.

Open the doors to limitless possibilities and ABUNDANCE IN WELL - BEING

A Self Healing Workshop focusing on Self Growth * Personal Development. A holistic experience of Personal & Emotional Growth leading to transformation of self. Stress Handling, Positive Attitudes, Healthy Professional & Personal Relationships, Efficiency are the key outcomes

[2]: Who Am I – Self Image & Self Esteem, Attitude & Values

[3]: The Force inside You, Know Your Potential – The Sub-Conscious Mind

The most unutilized, most powerful and within one's own reach and command is the Sub-Conscious Mind power. Understanding and harnessing the power of the Sub-conscious is the objective.

[4]: I Dream – Visualisation

The most powerful weapon of human beings – Visualisation. How dreams manifest into reality.

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[5]: On Target – Goal Setting & Getting

Step-by step process of manifestation of Goals

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[6]: Steps to "+" Total Success – Workshop Series

Winning starts from inside you. Managing your Mind... results in real life happenings

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[7]: Peak Success – Motivation Direction, Art of Creativity & Excellence

Behind every business success is Innovation and Creativity. A structured process for achieving Excellence

[8]: Manager's Blueprint – Life in a Corporate – Workshop Series

Focuses on Kinesics Communication, Time Alignment, Decision Making, Delegation, Team & Interpersonal Dynamics, Negotiation, Change Management, Talent Selection, Managing Conflicts. Ideal for new or aspiring Managers

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[9]: Core Strength Application – Workshop

Identifying and applying one's intrinsic strengths for enhanced levels of achievement and happiness

[10]: Magnetize – Workshop Series

Power of Influencing and Persuasion enabling high levels of success

EMOTIONAL WELLNESS WORKSHOPS

- [11]. Expressive Arts
- [12]. Graphology / Handwriting Analysis
- [13]. Kinesics / Body Language
- [14]. Zero Stress
- [15]. Emotion Management
- [16]. Happy Nest Family Nurturing Workshop
- [17]. Parenting Workshop

Are your children / students

- disinterested, indifferent and lack interest
- Focus affected by their emotions
- feel retaining and recalling a challenge
- feel difficult to make timely decisions
- in need of help to plan their Future

As Parents, Teachers & Administrators are you

- wanting to create Self Confident Individuals
- wanting youngsters to develop Healthy Habits
- wanting to grow with Positive Attitude & a Responsible Citizen
- Interested in unlocking their Knowledge and Talents
- Interested in sculpting their Life Direction, Career
- looking for better ways to engage with the Young

B. Age Group: 14 - 24 yrs

.[18]: Live Today. You are the FUTURE.

An overall Investment on a Wholistic Personal Growth for all round SUCCESS & BALANCE in Life ..a Two day PROCESS WORKSHOP focusing on Your Life Journey to Your Destination.

A holistic experience of Personal Growth for all round Success and Balance in Life.

Emotional Inventory, Self Healing, Goal Setting, Motivation, and Life Direction form the key components. Exercises and workouts to activate mid-brain functionality enabling you to gain

- INNER CALM & STRENGTH,
- SELF BELIEF AND VISUALIZATION
- HIGH SELF-ESTEEM & CONFIDENCE
- ACHIEVEMENT FOCUS
- POSITIVE ENERGY
- HEALTHY RELATIONSHIPS
- HEALTHY HABITS
- STUDY TECHNIQUES

[19] : Planet Teenage

A Journey through Adolescence – Physical, Mental, Emotional. Ideal for the Young, Parents and Teachers >>>>>>>>>>>>>>>

[20]: Career & Placement Training

Apart from Academic Knowledge, Corporate career or Entrepreneurship require communication skills, problem- solving skills, logical reasoning and technical skills – which are valued the most."

[21]: Career Compass

Not only the Choice of a Career..... Direction it leads to... matters

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[22]: MBA - Fundamentals

The A B C of Business Management Education. A curtain raiser to pursue MBA.

[23]: Entrepreneurship

Most of today's millionaires were entrepreneur's when they started with crazy, unworkable ideas & dreams.

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[24] : Life @ 20's

Life Alignments - Creation of Life Vision, Health, Career, Wealth, Family & above all Gratitude.

[25]: EQ – Emotional Intelligence

It is not How Intelligent You Are – It is how you are Intelligent. Nurturing Emotional Intelligence.

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