

KEY NOTE/ SPEAKER TOPIC THEMESBroad
Based**For Amateur Athletes & Teams**

- Sports Psychology & Sports Perspective to Enhance Performance
- Introduction to the Mind: Heightening Self-Awareness & Commitment
- The Significance of Goal Setting & Planning in Sports/ Life
- Mastering Positive Thinking & Bullet-Proofing the Mindset
- Improving Team Communication: PRO+
- Managing Emotions & Aggression in Sport / within Teams
- Shift from Zone of Pain to Zone of Gain: Focus & Concentration
- Boost Self-Belief, Build Unwavering Self-Confidence
- Learning from Success and Failure, Managing Pressure
- The Art of Supreme Balance in Sports & Life/ Academics
- Decoding the Sports Lifecycle

For Elite Teams, Team Captains & Coaches

- Quantum Leap in Self-Confidence & Personal Mastery
- Unlocking Mental Potential, Toughening Mental Conditioning
- The Attitude of Champions & Secrets of Peak Productivity
- Power over Problems; Mastery over Sporting Challenges
- Achieve Superlative Success in 52 days; what others don't achieve in 52 weeks
- The Mindset for Superlative Team Management
- The Elite Leadership Plan

For Parents, Coaches & Support Teams:

- Introduction to Sports Psychology & Sports Perspective
- Leveraging Sporting Discipline for All-Round Development
- Sportsmanship Philosophy: Understanding Values & Beliefs
- The Art of Supreme Balance in Sports & Life/ Academics
- Decoding the Sports Lifecycle

Exclusive
Themes

Generic

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NEXT TO JW MARRIOTT
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Note:

- Duration 15 -60 mins. Topic themes may be altered/ discussed on the basis of event requirement & audience profile
- For full day sessions: Any topic(s) theme may be elaborated / grouped for a maximum of 6 hours run-time
- Fees : Negotiable on the basis of the hosting organization and audience type
- For events outside of Mumbai: Traveling and accommodation expenses [if required], will be charged extra, at actuals
- Events to be scheduled minimum 15 days in advance. For complete Terms & Disclaimers visit www.HitiRangnani.com