

KEY NOTE/ SPEAKER TOPIC THEMESBroad
Based

- Introduction to the Mind: Heightening Self-Awareness & Commitment
- The Significance of Goal Setting & Planning in Work/ Life
- Mastering Positive Thinking & Bullet-Proofing the Mindset
- Mega-Doses of Inspiration
- Raising the Bar & Keeping it High
- 5 Daily Rituals of Excellence
- 10 Traits of Serial Winners
- Be the Master-Architect of Your Life : ReGain Control

Special
Skills

- Improving Team Communication: PRO+
- Managing Emotions & Aggression in Work / 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 Office Pressure & Company Politics
- The Art of Supreme Balance in Work & Life

Exclusive
Content

- Quantum Leap in Self-Confidence & Personal Mastery
- Unlocking Mental Potential, Toughening Mental Conditioning
- Time Management: Stretch + Compress Time wrt Activity
- The Attitude of Champions; Secrets of Peak Performance
- Power over Problems; Mastery over Challenges
- Achieve Superlative Success in 52 days; *what others cannot achieve in 52 weeks*
- The Entrepreneurs Mindset to Superlative Management
- The Elite Leadership Plan

uration: Minimum 15 minutes per topic**GET IN TOUCH**

DIRECTLY:

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U-COACH 360°

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Note:

- Minimum Duration 15 minute. 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
- Bookings to be made minimum 7 days in advance.