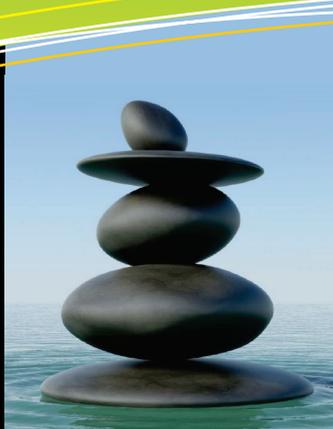


# BALANCING LIFE



## Elevating Communities

"We believe that the smallest of actions is always better than the noblest of intentions"

The purpose of the Balancing Life workshop is to enhance the quality of life you live.

The participants would work in pairs or small groups to explore the techniques. Learning in this workshop is a combination of group learning, individual exploration and personal application.

By the end of the workshop participant would become more aware of life skills like stress management, anger and anxiety control, getting rid of bad habits & bad thoughts, developing positive attitude, effective communication skills and increased self confidence.

Finally the participants will be able to apply the technique to their personal and professional life and test out the results themselves.

*You are never too old to change...Discover a New You.*

*We* just want to help you shine. All we care about is doing our part to help you get to your greatness. To help you reach your best at work, To help you find happiness at home.

To help you make your mark. **What's our payoff?**

Well, when we help you live your finest life, we get to feel significant.

## Workshop Highlights

The essence of life is Balance. In every aspect of life it truly is all about balance.

All the three days of the workshop are full of wonderful exercises and activities that bring about considerable awareness of one's own behaviour, bringing clarity about values and anti-values and its effect on self and others.

Workshop helps you explore your values and beliefs. We help you create your success, your joy and your inner peace.

We help you find that sense of fulfillment that may now be missing from your life.

**What the mind can conceive and believe, it can achieve.**

Learn to train your Brain, Realize the power of mind and memory with the help of NLP.

We have areas in life where we don't respond the way we want to or what we are supposed to. We can help you change fast with the help of **NLP tools & techniques.**

Exercises on **Creative problem solving** to enhance your convergent and divergent thinking.

**Have you heard of The Steve Jobs Question ... ?** come let us explore the value of dying daily.....

**"Getting What You Want While Loving What You have. "**

**Do not let your fear grow bigger than your faith...** This workshop helps you fill with possibilities and hope.

Being a leader isn't just about being liked or being popular. It's much more. Our module on "Extraordinary Leadership" helps you demonstrate leadership behavior.

Have you ever thought of loving your irritations .... learn to control your anger.

**SPEAK LIKE A SUPERSTAR.**

We offer one full module on Communication Skills. You will discover fast and easy techniques to communicate better. Learn to animate your voice for a more effective communication.

My Lord has given me two ears and one mouth for a reason; isn't it a brilliant point ... let us find out how to do Active Listening.

Beware of the messages conveyed by your body. Identify personal verbal and nonverbal indicators.

"Yes men" and "yes women" never create anything great. Come let's get good at saying No.

"As you live your day, so you craft your life" Our Time Management Module will help you to bring urgency and commitment into your days.

Genius is not the sole domain of rare breed of person. One of the most important of all personal leadership skills is self awareness. Know what you are really great at. Identify your talents.

**Said Dr Martin Luther King Jr, "If you have not discovered something you are willing to die for, then you are not fit to live."**

Start Now ... We're with you. And the best time is today ...

**ENROLL NOW!!**

**BALANCING LIFE**  
Regular Course of 6 months  
Every Sunday 10:30 am - 12:00 Noon

**BALANCING LIFE**  
6 Day Crash Course  
Timing 9:30 am - 5.30 pm

**BALANCING LIFE**  
3-Day Workshop  
Timing 9:30 am - 5:30 pm

Send details like Name, Address, Age, Contact info, Qualification, Occupation, Job Experience (if any) on email or WhatsApp

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