

Dr. Sapna's
Popular Lecture topics for all

Dr. Sapna Conducts motivational Lectures and Seminars for Men, Women, Children, Youth, Institutions and Corporate organizations. The soulful energetic presentations have the power to stir the audience to adapt the lessons and to put them into action.

Some of her popular topics are:

1. **The Missing Link:** Most people are growing up without experiencing self love, self respect and connection with self leaving them exhausted with negativity even when everything else seems to be going right. Together we explore the missing links.
2. **Worry-Free Living-** Life is not a burden and it doesn't have to be lived in worry and tension. Let's talk about how to break free.
3. **Hurry Up and Be Still-** We as species are hit by a need for adrenaline rush. We are rushing from morning to evening, from home to work and from birth to death. As we do that we are missing out on the living part of life. Let's talk about Freedom from Adrenaline Dependence.
4. **Care for Tired Caregivers-** We are all care givers for someone- An old parent, a dependent spouse, a demanding child or a sick relative. Care giving is draining in so many ways. While we can continue to care and love our people we can still prevent the Burn Out.
5. **Soul Mates-** Enjoying companionship in Marriage.
6. **Why me?** - The problems and pressures often make us think "Why me"? There is a reason and realizing the reason is a sure step towards living a life free of stress and depression in spite of its challenges.
7. **Mission happiness-** We bathe in luxury and yet happiness evades us. Is true happiness a reality or a myth? Let us walk this path from pleasures to happiness.
8. **Remembering the forgotten-** Who are we? Where? Why? What is living all about? Life deserves better treatment from us than just living it through. Let us wake up and experience.
9. **Dream again-** As children we loved to dream up and everything seemed possible then. Then we grew up. Our questions changed from "Why not?" To "But why?" Let us rebuild our dreams.
10. **Live Free-** How to live a life free of Anger, Fear, Guilt and Shame to achieve all that we want and to live a life full of enthusiasm and happiness.