

Dr. Sapna's
Motivational Sessions for the Corporate

The work place is all about the people. A motivated workforce is what it takes to make the business grow. These lectures have proven to infuse a new stream of energy in many organizations

Some of her popular topics are:

1. **The Driven Workforce-** What drives the achievers is their confidence in themselves and their self worth. While neither of these factors are considered while educating and training them, a huge human potential is put to waste struggling under the weight of negative self image and the related emotions of anger, jealousy, guilt and shame. We help them to cross over this barrier to achieve their persona best.
2. **The purpose-** Why do we work? A greater clarity on this one topic can increase the motivation and dedication even to the everyday mundane and mechanical work.
3. **The H of selling-** The human aspect of marketing makes the difference between a successful and an average business. While product training is frequent, the 'to whom' and 'why' of selling, that ultimately closes the sale, is often neglected. We plan to motivate them towards the same.
4. **Being a Woman in a workplace-** They are everywhere but their challenges are unique. While the corporate world is ruthless their ambitions are multi pronged and hence confusions galore. What does it mean to be happy woman in a workplace?
5. **Is stress Compulsory?-** While success and stress share the same starting alphabet, they don't have to go hand in hand. Lets talk on how to dissociate the two.
6. **Inspired Communications-** Exploring communication beyond talking and Listening.
7. **Relationship Skills-** People work to make the machines go but what ticks the people is their relationships, the personal and the professional. This session aims at helping them streamline what is most important to them.
8. **Retirement Checklist-** While most look at retirement planning to be synonymous to Financial Planning, a huge chunk of life is left behind at the work place the person has spent more than half their life at. We encourage to take the life and some more to a new glory post retirement.
9. **Mentoring The Mentors-** companies that encourage mentoring ensure continuous growth to newer heights. But the mentors need to be mentored for maximum affectivity.