Hello,

I conduct a Self-development Event called **Rapid Self-development**.

## About the Event:

An <u>enlightening and interactive</u> Workshop that will give you a reality check and help you develop your Soft Skills and Personality in the real sense of the terms.

Personality forms the basis of one's life, and if participants can implement these traits within themselves from an early stage in their lives, and realize the powerful and positive impact that they have on their future, they can grab this opportunity to revolutionize their lives for the better, thus making this world a better place to live.

This enlightening Workshop comes with a <u>Spiritual Touch</u> and has proven results.

## Contents:

- \* Your life's Pillars / Quest
- \* What is Personality? What influences it?
- \* Group Discussion
- \* Necessity and Benefits of a Positive Personality
- \* Your Mind, its Power, Thoughts
- \* Your Energy / Aura
- \* Correcting your Image / Dreams
- \* 5 Troublesome Cs of your Life
- \* Your real enemies and where they're hidden
- \* Meditation

## Who should attend?

Students, Job Seekers, Housewives, Working Professionals, Retired Individuals - basically, anybody

## **Duration & Format:**

Approximately 2 hours. In-person, for minimum 10 attendees.

This Workshop has been well-received, and you can read the feedback on my website.

Feel free to share this with anyone who you think will benefit from it.

Regards, Sagar Sonker - Life Coach & Personal Counsellor

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