

## Faculty:

Dr. SUNIL JI GARG is an inventor, educator and motivational trainer with more than 30 years of experience. He has an engineering and management education background with an added health practitioner qualification in Naturopathy and Aromatherapy. He frequently writes for web and print media and also gives counselling talks on radio.

## Topics:

- Understanding the power of focus
- Active/Passive Concentration
- Concentration and Memory
- Obstacle Removal
- Developing Concentration (Engage purpose, desire, commitment, belief)
- Goals, Will Power and Concentration
- Open and Close Eye Skills
- Meditation Exercises
- Aromatherapy in Concentration



Honesty

# Leadership Development

Decision making Strategy Vision  
Passion Judgement Planning Time management  
Communication Skills Team Building Knowledge  
Delegation Motivation Listening Participation

## Duration:

400 - 480 Minutes  
Delivered as one full day workshop or split into two half days or four two hourly sessions.

## Arrangements:

- Facility to project Powerpoint.
- Laptop to Audio system connection.
- Collar Mic for Speaker.
- Hand Mic for Participants.

Chalk & Talk

Interactive Discussion

Role Play

Story Narration

Gaming

Sketch Assessment



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## Contact:

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