

The Life Workshop

Review Restore Reinvent



Yourself
Your Life
Your Results
Your Relationships
Your work
Your family
Your communities

what matters most to you.



OUR PROGRAMMES

An Intense, Fun and Super-effective 2-3 day Workshop For Boys and Girls

Students find a major shift in their energy levels, thought-processes, confidence and self expression. After going past what stops them, usually, students are delighted to discover and invent new ways of being, ways they had completely shunned as impossible. They get clarity on what they want to create and achieve new goals which are free of past patterns of the "underestimating" or "aiming too low" attitude. They experience a new excitement for goals and feel assured in their ability to accomplish them.

‘THE SUPERHERO WORKSHOP’



Program Architecture



Day 1 - Deep Dive

- 6 hours - 2 sessions - Many Takeaways
- Immersion into the past obstacles and incidences that lead to identity genesis
- Get to know yourself and your limiting beliefs
- Drop the Baggage exercise
- Group Sharing, Classroom Bonding, Sharing of Key Learnings



Day 2 - Uninhibited Unlimited

- **Module 1** - Staying connected with self
- **Module 2** - Going beyond set definitions and targets
- **Module 3** - Discovering new strengths
- **Module 4** - Operating at new levels of Vitality and Energy



Day 3 - My Future And Me

- **Module 1** - Causing and Creating A Powerful Future
- **Module 2** - Goal Setting
- **Module 3** - Developing a tolerance for failure, to succeed
- **Module 4** - Game Theory, How to Enjoy Hard Work

“

Before I was just bored from life, I thought of myself as talentless, ability-less and didn't value my life and time too much. But when people acknowledged me by clapping when I shared, it gave me a new confidence.

Acknowledgment is mind blowing and change anyone's life.

Hairsh Choubisa, 3rd Year, Mechanical Engineering

“

Before "Find the Super-hero in You Workshop", I was very shy and afraid to talk on stage, I was unable to communicate with unknown people. After this class I am open minded. Now, I've decided to communicate freely with people and know their views and feelings.

Lokesh Kumawat, 3rd Year, Techno India NJR Institute of Technology



An fun, liberating and powerful 2 day workshop only for girls

This is a powerful program designed only for girls in their late teens, around adolescence. This is a stage of the girls life full of changes, a time of rapid physical development and deep emotional changes. These are exciting, but can also be confusing and uncomfortable for girls. They make close relationships outside the family, with friends of their own age as their life outside the family develops. Adolescence is the time when girls start in earnest to learn about the world and to find their place in it. This 2 day, youth centred program, aims at creating a safe and open space for the girls to interact, by removing the inhibitions that may be caused otherwise. We know that girls don't grow in programs, they grow in communities, and that is why we successfully use the 2 day workshop as a medium to give breakthrough results to young women, and create a conducive community out of their class. A cultural shift is observed at most colleges where this program is conducted. This provides opportunities for young girls to experience success when trying something new, and not be failure-fearing.

Program Architecture



Day 1- Clearing the Canvas

- Module 1** - Dropping the Past Baggage
- Module 2** - Written Exercises and Sharing of Limiting Patterns
- Module 3** - Expressing Yourself, as the New Confident You
- Module 4** - My Body, My Temple! Self Image Booster



Day 2 - Paint Your Masterpiece!

- Module 1** - Going Beyond Obstacles
- Module 2** - Communicating Powerfully, especially with those who matter.
- Module 3** - Map The Future, escaping the under-estimating pattern
- Module 4** - A New Beginning, Me!

“




We couldn't ask for better results out of this workshop. The culture of the college has changed. The confidence level, interaction of students with faculty and the energy levels have increased. At Techno, we aim at creating job-ready professionals and life-ready individuals that contribute to society.

These workshops have been the perfect start to build that foundation.!

Mr. Raj Shekhar Vyas,
Director & Founder B.E. (Hons.), BITS, Pilani, MBA
Managing Trustee Techno NJR College of
Engineering, Udaipur

We use blended methodologies of class room lectures, discussions, group and individual work, case studies, video and audio tools, simulation exercises and role plays!

We tailor the courses according to the needs of your students, depending upon with  **TECHNO INDIA NJR INSTITUTE OF TECHNOLOGY**
day workshops are best increased to a 2-day interaction.



‘ELEGANT AND EXTRAORDINARY’

2 Day Grooming Workshop only for Young Teenage Girls. Creating A Better You!

Recommended for both 3rd Year and 4th Year

The girl who manages to present herself with confidence and poise in her everyday life will be seen as a girl who matters, not only to herself, but to others. This Workshop for Young Ladies will equip girls with the social graces and self-presentation skills that will enable them to feel confident in all of the situations in which they find themselves. It was created to help launch poised, polished, and polite young ladies into a successful pattern for life. Right behaviour strengthens codes which stress the value of poise, grace and dignity.



Program Architecture



Being Graceful

Module 1 - Personal Hygiene and Dressing for every occasion

Module 2 - Grooming

Module 3 - Verbal Etiquette, Office and Travel Etiquette

Module 4 - Body Language, Conducting yourself in public



“

Before I always felt restrained as a child. I was the kind of person who lives in the past but after the group exercises I have overcome this problem. I am dropping my past baggage for my future dreams. I want to become a confident girl. My decision after the workshop is that excellence is a nature and I want to do everything perfectly.

Diksha Sharma, 4th Year, Electrical Engineering

For more Information Contact :
Juhi Rai: +91 98202 76838
Email: succeed@lifeworkshop.in
Website: www.lifeworkshop.in



पंजाब विश्वविद्यालय
TECHNO INDIA INSTITUTE OF TECHNOLOGY