

an exclusive 1-day intensive, thought provoking
and eye opening workshop for women to
Activate and Utilize Mind Power (AUM) to its fullest

ASTIVA... Let Me Be Me!

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**International Trainer &
Inspirational Speaker**

PROGRAM TOPICS:

- # Take charge of life
- # Be assertive - stand for what you believe in and say it
- # Never say 'yes' when you want to say 'no'
- # Create consistent results, in any circumstance and environment
- # Stop self-sabotage and take effective action
- # Transform un-resourceful emotions into empowering ones
- # Understand and avoid manipulation and power games that people play
- # Apply the art of verbal self-defense
- # Manage emotions & relationships effectively
- # Grow leadership capability

Take a good look at the people in your personal and professional life and ask yourself:

"Do they support your growing or do they drag you down?"

"Do you feel they are with you or do they exploit you?"

"Do you feel good being around them or do you feel 'contaminated' by their negativity?"

"Are they excited about the new you that is emerging, or would they prefer the company of the old you that you are outgrowing?"

When the answer for any or all of the above questions is yes, it is time for you to experience 'Astitiva'!



**'Astitiva' will make you spread your wings and dare to fly,
dare to be yourself!**

Contact us @ +91- 9291539560 and
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for customized in house workshops