

Have you ever

- ✓ had to stay positive even after hearing a NO again and again?
- ✓ had to manage anger in split seconds and instead, smile?
- ✓ felt tongue tied about opening conversations?
- ✓ felt embarrassed when constantly appreciated?
- ✓ had to struggle with an important meeting the same day when a family member was unwell?
- ✓ felt torn between what you want to achieve and being happy with what you have?

If the answer to any of the above is a YES, then 'Happiness@Work[®]' is designed for you!

'Happiness' is not just an abstract concept, it is habitual with a few practical and implementable techniques that can be applied at any point in time so as to get one back to a state of positive energy!

We define 'happiness' as 'instantly reaching into the state of mind that helps us respond most effectively and least stressfully in any situation at any time towards any individual.'

You will learn to:

- ✓ Apply techniques, attitudes, and beliefs that help in being happy
- ✓ Leverage power of imagination
- ✓ Dream big
- ✓ Program the sub conscious
- ✓ Use positive affirmations
- ✓ Make self and others feel happier
- ✓ Help find hidden resources within
- ✓ Respond and not react
- ✓ Obtain the freedom one aspires
- ✓ Avoid saying the negative
- ✓ Give and receive appreciation
- ✓ Apply the 6 Core practical techniques for 'happiness'

Passionate in spreading Happiness & Success in the world, Revathi is an International Trainer, Inspirational Speaker, Happiness Facilitator, Leadership Coach and Innovation Consultant. The Founder-Director for RevathiOnline Learning Solutions Pvt. Ltd., dedicated to excellence in training and learning, she is also the Vice-Chair (2011-2013) for ISTD-Hyderabad and the Founder-Member & Joint Secretary (2011-2013) HDCF. A post graduate in Management & Psychology and a certified trainer in de Bono, NLP, Fitness, ICF-ACC, DC, MBTI, DISC & 16PF etc, she has 17+ years of corporate experience of training and coaching over 2,00,000 individuals from organizations and institutions across India, Middle East and North America in various personality, attitude, behavioral, managerial, and leadership skills.

Inspirational Speaker & Happiness Facilitator
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