

LIVE YOUR DREAMS

— Goal Setting —



Rahul Kapoor's personal journey of rising from the dust to become the recipient of Outstanding Young Persons of India Award in 2010 is a testimony that this program is designed with real-life practical success technologies. Over the last 2 decades Rahul has worked with the world's best sportsmen, actors, journalists, business and spiritual leaders. In his many interactions with them he has tried to see the commonalities that made them all so successful. This program is an outcome of such findings. If you are truly seeking 'wow' for your event, you've definitely found it. You have also stumbled on an amazing value for an unforgettable experience!

FROM DESIRES TO REALITY

Everyone has heard to succeed, you need a plan. Why then do so few of us take the time to identify our goals and make a plan for reaching them? This simple, effective and powerful training system will help you in setting goals in a scientific manner, enable you to create realistic action plans and also assist you in converting them into reality.

OBJECTIVES

- Learn how to determine your personal strengths
- Decide what you truly value in life
- Focus on what you want to accomplish in the years ahead.

PROGRAM CONTENT

- 8 step goal setting model
- 5 motivational techniques
- Effective time management skills

WHAT WILL YOU GAIN?

- Unlock your potential
- Identify your strengths and weaknesses
- Clarify your values
- Set SMART Goals
- Remove roadblocks
- Get ready to take action

LENGTH OF PROGRAM

2/3/3.5 hours (3 options to choose from)

TESTIMONIALS

from Heads of Institutes

In the past 5 years, over 3000 students of our institute have attended this program. It is uniquely designed with honest, practical and easy to implement model for success. And Rahul's outstanding ability to inspire the youth make it a complete package.

*Dinesh Nilkant - Center Head
Center for Management Studies, Jain University*

To see students excel in all aspects of life is our primary motto, Rahul's sessions have brought in a new paradigm which will lead our students to not only succeed in the careers but also contribute to our society and country.

*Sukanya Chattopadhyay - Principal
S.R.N. Adarsh PU College*

FEEDBACK

from Participants

I was touched, inspired and motivated to a great extent. I know now what my goals are and how to achieve them. Thank you.

*Deboshree Bose
1st year MBA, Jain University*

I experienced the best moment of my life in this program. I call it my 'moment of truth'. I got to know about my competencies, capacity and all the opportunities that lie ahead of me. I am rearing to go and make my dream come true.

*Arjun Niroula
MBA 2nd Year, Sona School of Management*

Rahul Kapoor is a Mindset Coach, Inspirational Speaker & Author who lives with a vision and purpose to help people across the world to ignite their inner potential and achieve results that matter.

He incorporates valuable content for business and personal growth with practical and implementable tools. Rahul is known as a 'live wire' in delivering highly memorable, inspirational programs to individuals, teams and organizations.

His customized content, which is a combination of Psychology, Science and Spirituality, is delivered to hundreds of prominent organizations, including many Fortune 500 companies.

Over the last 25 years, Rahul Kapoor's programs have inspired over 2,50,000 people across 15 countries like India, Australia, Canada, Malaysia, Singapore, USA and the Middle East.

Participants have shown tremendous connect with self, improved health, enhanced relationships and reported significant rise in productivity.

Rahul is also a guest faculty at Indian Institute of Management, Bangalore. He was also the Official Host for Royal Challengers Bangalore cricket team in DLF IPL 3,4, and 5.



> Rahul Kapoor

**MINDSET COACH,
INSPIRATIONAL SPEAKER & AUTHOR**

Author and Columnist

He has inspired many through his columns in leading dailies like The Times of India - Education Times, Dainik Bhaskar and Feelings Magazine. He has authored two books:

WorkWise – Lessons in Excellence for Young Professionals

Dad and I – Inspiring Stories for Teens

International Certifications

- Certified Consultant of Thomas Systems, UK
- Certified Trainer for Edward De Bono's 6 Thinking Hats, USA

Awards and Achievements

- Outstanding Young Persons of India Award in 2010 by Junior Chamber International
- Young Achievers Award in the category of Social Entrepreneurship at Young India Conclave 2016.

Top 10 Clients

