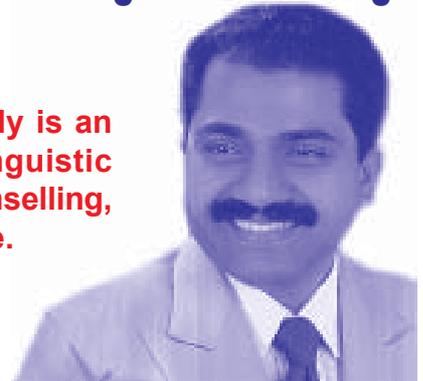


Maximize your Efficiency

Empower people and make them accountable. Build powerful teams that go the extra mile. Develop a culture that creates trust. Get lasting results through positive behavioural changes.

Sree Chithira Thirunal Award Winner 2009 - Martin Payyappilly is an author, educator and motivator. He is trained in Neuro Linguistic Programming, Silva & Alpha Mind Control Methods, Family Counselling, Hypno-therapy etc. He is doing research in Behavioral Science.



BENEFITS

1. Better understanding and handling emotions.
2. Higher work efficiency and productivity.
3. Relief from stress.
4. Good and restful sleep patterns
5. Increased intelligence
6. Fresh perspective on life.
7. Improved self esteem
8. Freedom from psychomatic problems & traumas
9. Better emotional and spiritual quotient
10. Positive attitudes and global mind-set
11. Value added relationship
12. Inject enthusiasm into your work place
13. Resolves people's problems
14. Discover the secret as to why some individuals and organisations are more successful than others.

FREE DOWNLOAD

Martin Payyappilly's
Golden Manthra Success meditation
from his website www.martinpo.com
Ph : 0471-3258897. Mob : 9846344388

The workshop concentrates on critical areas that determine individual and organisational success.

1. **Attitude** - **Develop a 'I CAN DO' attitude.**
2. **Action** - **Do the right thing for the right reason.**
3. **Motivation** - **Control things instead of letting them control you.**
4. **Leadership** - **Learn to be a successful leader.**
5. **Team work** - **Create an open and trusting environment.**
6. **Ambition** - **Establish higher expectation of performance.**
7. **Purpose of life** - **Values & Vision**

At the end of the workshop you will uncover the true meaning of success and walk away with an action plan on how to be a winner everyday.

This programme is to be practised and experienced not to be simply attended. This is presented in a Seminar Workshop format which spans a day. This interactive programme consists of informative talks with multimedia inputs, exercises, group dynamics, meditations etc.

OTHER SERVICES

1. **Secrets of parenting** - **Workshop for parents**
2. **Secrets of Success** - **Workshop for students**