



**LEADERSHIP
IN TIMES OF CRISIS**

**RAHUL KAPOOR'S
HIGH PERFORMANCE SESSIONS
TO DRIVE RESULTS IN TOUGH TIMES**

Leadership in Times of Crisis

By learning to understand your mindset and then authentically shape your response to various situations can help you have a very successful and fulfilling work-life.

In this talk you will learn:

- How to become inside-out driven.
- Learn how to stay centred internally.
- Focus on situation for the desired outcome.

BE GRATEFUL

**That You Have Roof On
Your Head,
Food On Your Plate,
& Your Loved Ones
Around You.**

-RAHUL KAPOOR



LEADERSHIP FOUNDATION

- We call for leadership when we are facing Change and Chaos
- In the Leadership Pyramid – Self Leadership is of primary importance
- Swa-Par - Self Before Others - It means we must focus on Self-development and Self-improvement before we can become useful to others.

EMOTIONS AND HEALTH

- Negative thoughts create negative emotions which blocks the flow of energy and leads to diseases.
- 3 ways to deal with or emotions:
Express – Suppress – Release
- According to ancient Indian wisdom 'Releasing the emotions' is the most effective to deal with emotions

BEING **100% RESPONS*ABLE**

- Don't react, rather respond
- Avoid FIGHT or FLIGHT
- Stay centered internally
- Fight your dark side

BEGIN WITH SELF...

90 MIN ONLY

- **Health & Fitness**
20-20 (Walk – Exercise)
- **Meditate & Reconnect**
10-10 min Anapana (By SN Goenka)
- **Read & Grow**
20 min per day
- **Journal & Release**
10 min 2-2 things you did right – wrong today
- **Food & Nutrition**
More plant based food & 2-3 Liters of Water
- **Sleep & Rejuvenate**
7 hours per day

PARTING ADVICE

- Take one week at a time
- Set 3 goals per day and achieve them
- Spend quality time with family everyday



IGNITE YOUR **INNER** POTENTIAL T E E N S

DESIGNED FOR **TEENAGERS OF DOCTORS**

BATCH:6

29th MAY - 6th JUNE 2020

6.00PM TO 8.00PM



RAHUL KAPOOR

Mindset Coach & Inspirational Speaker

Rewire Your Brain To Live A Life That Matters



PURPOSE



PRODUCTIVITY




RELATIONSHIPS



HEALTH

KNOWLEDGE THERAPY PROGRAM TO CREATE TERRIFIC TEENS
A TRANSFORMATIONAL EXPERIENCE

RESERVE YOUR SEAT NOW.
CALL OR SEND AS A WhatsApp MESSAGE.

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