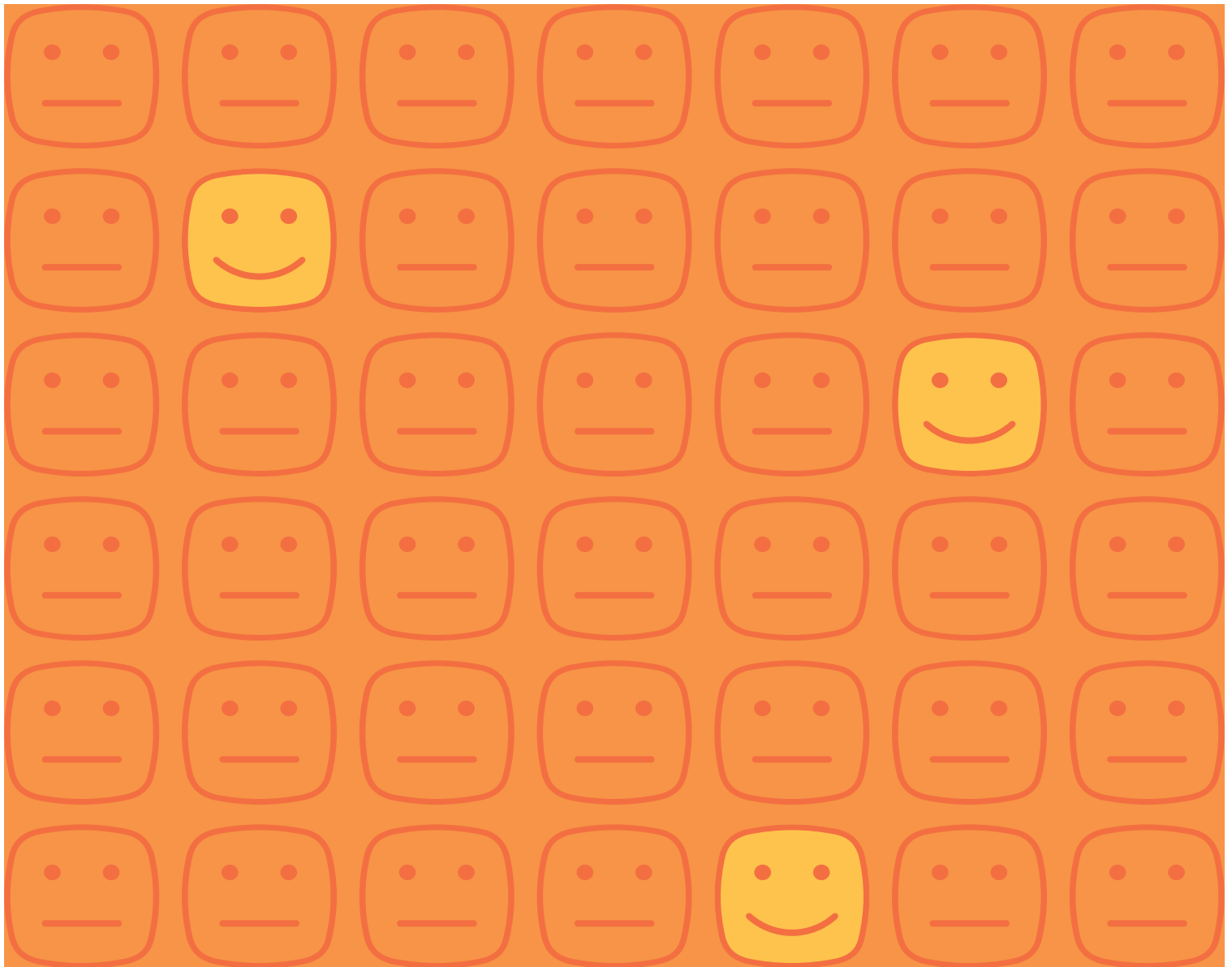

**It's right to
seek happiness,
but wrong to
look for it outside.**



by RVG Kulkarni

Outside, you find
a deluding mirage.



Inside, you find
the eternal oasis.



Happiness : It's simple

When we look into the mirror, do we see a happy face? Or a face wrinkled and frowned in a tug-of-war between expectation and reality?

We pursue many things to be happy. But even after we get them we are unhappy and the void only tends to grow bigger and bigger. Aren't we caught in a crossfire of paradoxes?

Happiness is not a goal, it's a journey. But it ends up being an endless pursuit. If happiness is internal, then why do we piggyback on things and people to derive it? We embraced technology and luxury to get an easy and happy life, but haven't we complicated the humble life we love?

Irrespective of the socio-economic status, people are inherently sad, stressful and are fighting depression and committing suicides all over the world.

In reality, happiness is simple and just a few steps away. It needs a certain state of mind and an understanding of how to guard our responses to external stimuli. It is not 'success' that makes people happy. It's happy people who are the most successful.

When you gaze the world with a new lens, you also see and realize that happiness has always been inside you, waiting for you to discover it. So, come on-board and discover.





I am RVG Kulkarni

A Catalyst with NO frills

Hi, My three decades of experience in the corporate world exposed me to countless learning opportunities, most importantly about life and on how to convert obstacles into opportunities and stress into bliss. In my exciting journey I developed and mastered time management and prioritization techniques, effective communication skills, motivational and leadership skills.

Apart from the constant practice of Ashtanga yoga, I studied the mindset of people in blue zones and reasons for release of happy hormones and their impact on us. And I was eventually able to correlate yoga, science and happiness. This confluence helps us to be mindful, peaceful and happy irrespective of the external circumstances. And this workshop will reveal how to get there in the most riveting and enlightening way. Just the way I learnt it.

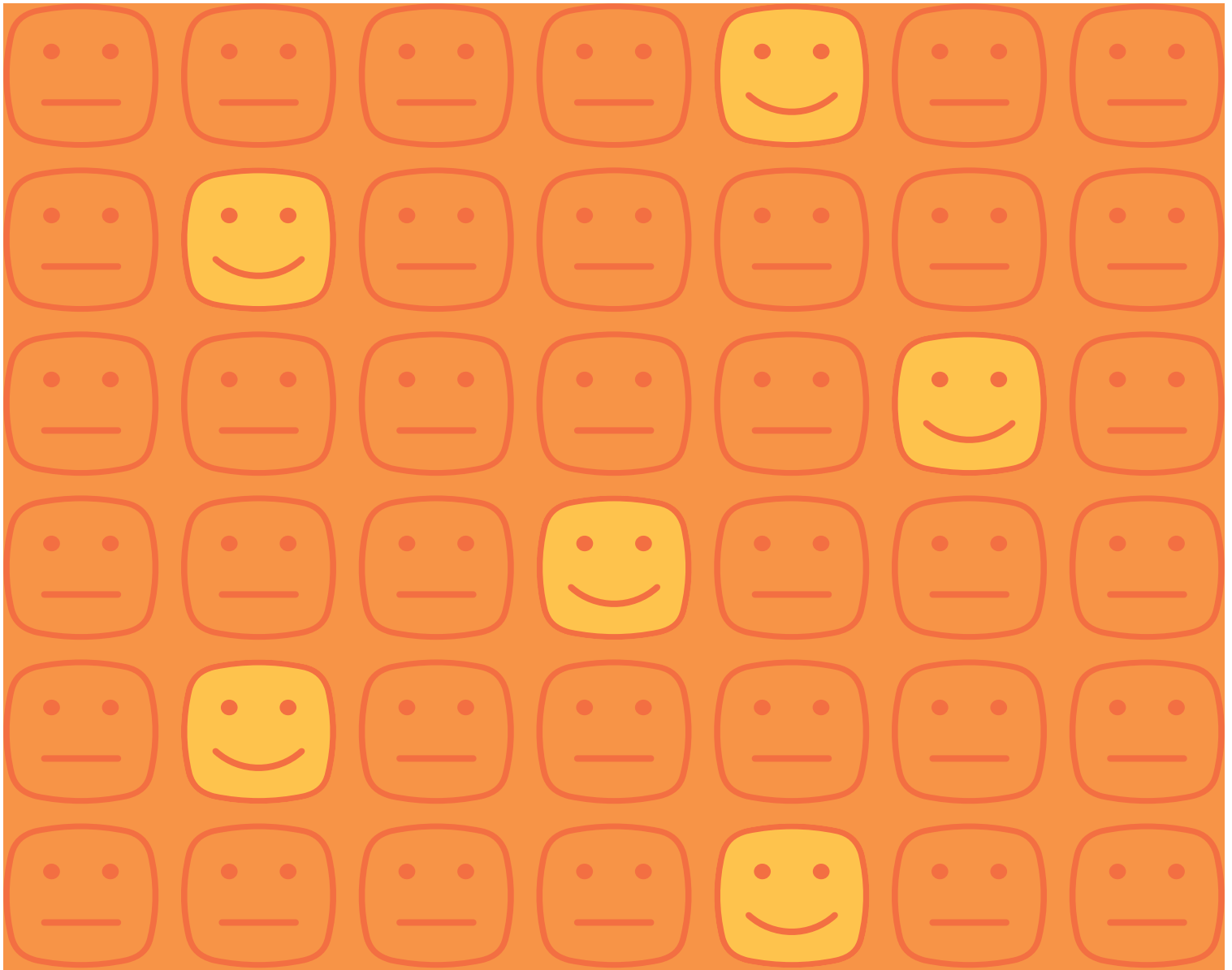
Hailing from a tiny village in India, I was surrounded by invisible walls and ceilings. Having a dream itself was a distant dream. How ever I couldn't subside my urge to excel and converted a paper boat in a narrow stream into a mammoth ship in an ocean.

I worked hard, experimented, took my chances, burnt my fingers, turned every failure into experience, obstacles into opportunities and made it to where I am today - 'A person' with relentless hunger to learn, share, enjoy the grind, delink the outcome and stay blissful.

I am the fine balance between creative expressions - through singing, acting in films, direction, writing and drama - and professional excellence in the banking domain. I keep fit through Yoga, HIIT, Shuffle dancing; agile through playing TT, badminton; and peaceful through meditation.

My book 'A Leader's Tripping Points' received enormous success. I am regular on panels of management institutes, trade bodies for discussions on Time management, Prioritization, Communication skills, Science of Yoga, Happiness, Leadership and so on. I have travelled over 14 countries and my journey has given me authentic anecdotes and outstanding examples that will not just motivate you, but also entertain you.

My sessions are fun and lively and by end of it you will see your team and yourself gleaming with new energy and confidence and take on any challenge to emerge as the blissful champions.



Session Time:
4-6 hours

Ideal Audience:
30 to 40 people

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