



**It's not just about
being motivated;
it's about
staying motivated.**

by RVG Kulkarni

**What comes from
inside is motivation.**



**What's drawn from
outside is pressure.**



Motivation : Search ends

Why does a dream job soon become a nightmare? Why does a source of inspiration turn into source of irritation?

Why an urge to do something slowly fades and people slip into comfort zones at both personal and professional level?

Our razor sharp mind gets rusted, body embraces inertia and the spirit rests in an inactive cocoon. New ideas get archived. Every failure gets us closer to oblivion. Some barely stay afloat leading to anxiety, and many fall into the abyss of depression.

Lack of motivation impacts friends and family leading to broken hearts. Corporates struggle to retain the talent. The only way to avoid this is to constantly stay motivated and keep enjoying the progress. And I am here to decipher and bring on the table an extremely important and critical aspect of motivating your team to get the BEST out of everyone under challenging circumstances. Let me do it for you.



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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