



**Time is
to our life
what heartbeat is
to our body.**

by RVG Kulkarni



**You harness it
when you value it.**



**You totally lose it
when you don't.**



Time Management, Prioritization & Communication Skills

Tick, tick, tick, that's how the time zooms past us in no time. We wish we could roll back the clock and realize unfulfilled dreams. Some feel that there is so much to do in so little time. But can time be stored, saved or stopped?

Time is seldom known as the most precious, costliest thing in our lives. It's a constant, perishable and finite resource. Where is the time to earn, enjoy, socialize, relax, and to care and share? We also live in a fiercely competitive world. Targets and deadlines are inevitable. We create wealth losing health and blow up the same wealth to sustain our health. At the end of one's active life if one looks back, it looks like it was not worth at all. But then it's too late.

The root cause is lack of time management and prioritization. Those who know the art and science of time management and prioritization have enough time for living a fulfilling life. They are happy, peaceful, wealthy, have excellent relationships and have time for everything. For them life is beautiful and ecstatic as they have used every moment productively.

Most of our problems in personal and corporate world are due to lack of communication skills. Isn't it an irony that the most advanced sensory systems in a human body fail to convey simple things and more often than not get misunderstood? Holistic workshop covering time management, prioritization and communication skills is the best possible combo to your team. No more procrastination please as it's time for boarding.



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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