

PROGRAMME PROPOSAL

One-day Workshops on **MOTIVATION: Empowering Yourself**

The Rational

What do you do to empower yourself? Do you put in enough effort or you leave your fate to luck? The former is of course the preferred option. The latter leads to mediocre performance and at worse, leads to a direction-less life. This short talk aims to bring out the best in an individual. It will impress upon employees that excellence is not bestowed by Providence on a just anybody- you have to work hard to realize the best in you. It is said that we were born with equal potential with the human brain were more or less of equal size. What differentiates successful people from the less successful is characterized by how we think which affect our decisions governing day-to-day life. With this background, the talk will focus on the need for:

- Self Leadership
- The power of remaining focus
- Attitude building
- Creativity, Opportunity, Entrepreneurship / Intrapreneurship
- Effective time management
- Various factors of success (personal development, responsible behavior, etc)

Facilitator

The talk is to be fully delivered by Dr.Dusit Jaul. He has conducted numerous motivation courses and talks for his organization involving wide varieties of audiences from civil servants to community leaders and students.