

# RE-IGNITE RE-BOOT RE-START: FOR A BETTER SELF

<b>COURSE OBJECTIVES</b>	Creating an environment to promote a state of contentment which allows an employee to flourish and achieve their full potential for the benefit of themselves and their organization.
<b>ABOUT THE COURSE</b>	It refers to the education, activities, and environmental support that a workplace we can do to promote healthy, happy & high-yielding employees. Also, to empower the trainee to dwell into how to make a better self by managing oneself better.
<b>PARTICIPANTS</b>	All who want to make a better self of themselves at work and in day-to-day life.
<b>DURATION</b>	One Day-Hybrid
<b>KEY TOPICS</b>	<ul style="list-style-type: none"><li>➤ Employers stake in employee's wellness</li><li>➤ Employees stake in own wellness</li><li>➤ Coping with day-to-day work schedules</li><li>➤ Grooming to improve our persona (Social Presence for a cause)</li><li>➤ Communication the key to a peaceful mind</li><li>➤ Stress Mitigation – Mental/Physical/Emotional</li><li>➤ Feedback of self-goals</li></ul>

## TRAINERS

### **Dr. Neeta Mishra**



Dr. Neeta certified Trainer Edupreneur, Master NLP (International) comes from background of medicos. She owes her specialization in alternative system of medicine, Energy Medicine, Metaphor Art Therapy, ABT, Chromatography (Color psychology), psychotherapist, Gestalt practitioner, Wellness and Relationship Coach.

A professional with varied skills, high zeal for positive living. Has served as medical officer in charge for 12 years for shipping industry.

With over years of experience in training & facilitation programs for corporate. She has an innate ability to connect with people and counselling skills has been instrumental in creating an impact on individuals & groups to bring about the desired change in personal & professional life. Have contributed in more than 25k students and almost 5k parents. Attached to various institutions and helps teacher training programming and creativity in learning, Parenting, Conflict Management and FDP.

### **Adv Rahul Varma** (Ex. Master Mariner/DPA/CSO/MR)



He is a practising lawyer at Mumbai & Goa High Court. He has 27 years of experience in shipping including 13 years at sea and 17 years ashore in senior management roles and expertise to various organisations.

He heads ALLY Maritime And Legal Services (AMLS) and gives strategic direction to alliances of AMLS. He assists clients in Quality, ISO, ISM and legal compliance for Maritime, Ship recycling, logistics and various other sectors.

He was the consultant to the first 14 Alang Ship Recycling Yards to implement the Hong Kong Convention and obtain SOC from Class NKCS. His company represents various ship owners in monitoring Ship Recycling at Alang.

He has been invited by various forums as a speaker and mentors young talents towards a focused and passionate career path. He has also been hired as a Senior Non-Key Expert by Giz International Services to study the status of the Maritime Labour Convention in ASEAN Countries as part of the E-READI project.

He headed the Shore Contingency Team, was a Crisis Media Manager, Trainer, Fleet Personnel, Safety & Quality, Vetting and Operations Manager and handled office administration over 12 years in employment.