



## **Training Technical Deck**

### **Workshops /Trainings - Corporates**

# NEOSTYLUS<sup>®</sup>

## Facilitator's Profile: Punam Agarwal

Proprietor



Experience

30+ Years - Educational institutes all levels – Primary to Management, Leisure & Sports, Airlines, Corporate Institutes, Army, Navy and CID, Oil and gas, Retail Outlets etc.

Practitioner

- Business Executive Coach/ Life Coach/
- Organizational Development Coach
- Soft Skills and Behavioral Trainer
- Sales and Customer Experience Trainer
- Motivational Speaker
- NLP – Master Practitioner

Alternate  
Therapy Healer

- Reiki or Pranic Healer/Color Therapy/Tarot Card Reader
- Counselor - Parenting Coach/ Students/ Relationships
- Consultant – HR/ Psychometric Tests/ Interior Designing/ Vaastu & Feng Shui
- School Career Guidance/ Teachers Skill Dev./ Campus to Corporate trainings

Others

### Authored Books:

- Leadership Training
- Business Soft Skills
- Recruitment Tools
- Transitioning Managerial Skills Development
- How to Read Tarot Cards & Use Color Therapy

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## Educational Background –

- Post-Graduate degree in Stress Counseling from Devon, United Kingdom
- MBA from USA in HR
- Double Graduate Basic Counseling (Devon, UK), and Political Science Honors' (St. Xavier's College, India), Certified Psychometric Test Professional from CAMI- USA
- CELTA from Cambridge, UK
- Train the Trainer Course & NLP Practitioner – NFNLP
- ICF – PCC Coach: Executive/ Life and Organizational Development Coach and many other Soft Skills Certifications

## Among various awards won

- **The President's Award** given by the President of India
- **The Governor's Award** given by the Governor of West Bengal,
- **Fish of the Month** given by EK Group- EKFC | **Award of Honour** given by MyCareers - Bhatinda,
- **Behind the Scenes Worker** given by KAMA Ayurveda Pvt Ltd
- **Most Fabulous Training and Development Leader North: Catalyst of Change** given by World HRD Congress
- **Woman of Excellence** awarded by Indian and International Achiever's Forum
- **Best Woman Performer in Learning and Development Award** at International Inspirational Women Award (IIWA) 2020.
- **Awarded by CEO Magazine** – As one among the 25 Iconic Businesswomen to be followed in 2022
- **Award of Appreciation** by Dayanand Sagar University for Teachers Training&Development Session.



Over 11 lakhs individuals have been counselled and trained by her so far.

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## Few Names I Associated with:

**Corporates – Associated as L&D Head, Coach, Counselor, Sales Trainer, Soft Skills Behavioural Trainer, Motivational Speaker, Leadership Trainings, ESL Trainer, Train the Trainer, HR Consultant, Psychometric Test Professional**

- U.A.E.- Emirates Group /Dnata /Abela /Future Rider – IT & Computer Centre /Acer /Voltas -
- U.A.E. - Oil and Gas Companies – ADCO/ADGAZ
- India - Manyavar /KAMA Ayurveda Pvt Ltd /CorporatEdge Serviced Offices Pvt Ltd/ Synergy Environics Ltd
- Affiliated Coach - uExelerate/ Peak Performer / Mentorship
- Associate Coach – Fourth Quadrant

**Clubs – Associated as Guest Speaker conducting varied workshops, Motivational Speaker**

- India - Rotaract Club of Calcutta Victoria, Rotary Club of Calcutta Victoria – India/ Bharat Scouts and Guides Movement – India and U.A.E.

**Schools/Colleges – Associated as ESL Trainer, Teacher Skills Development Trainer, IELTS Preparation, Career Counselor**

- Indonesia - Seville International
- U.A.E. - Higher Colleges of Technology (– Abu Dhabi, Dubai, Ras Al Khaimah, Fujairah),/ GEMS Group -U.A.E.
- India - The Heritage School /Blooming Daffodil/ La Martiniere for Boys Kolkata/ Assembly of God Church Kolkata
- Dayanand Sagar University

**Management Institutes – Associated as Associate Professor Business Communications, Campus to Corporate Ready Trainer, Associate Professor HR, Chief Mentor, Editor, Career Counselor, Motivational Speaker**

- JRE Group of Institutions: Management&Engineering– Educomp&Raffles Singapore – India /Universal Business School of Management – India
- Times Group - India /AIIMS - India /My Careers – Ludhiana, Ambala, Allahabad, Amritsar, Indore, Bhatinda – India

**. All sessions conducted were a combination of experiential, projects and activity based**



## **Leaders Empowerment Programs**

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**Name of Session:** Individual Executive Coaching

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** One-on-one

**Benefits** (Key Learning Concepts):

- Better business performance and goal achievement.
- Find ways to overcome the biggest challenge.
- Build leadership pipeline.
- Deal with uncertainty and ambiguity.
- Be emotionally clued-in and enhance influence.
- Handle stress and be focused.

**Duration:** 6 sessions with 21days gap between each session (sessions increased as per need)

**Timing:** 1 hour each session

**Mode:** F2F / Online

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**Name of Session:** Stress Management

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Both

**Benefits** (Key Learning Concepts):

- Energetic and Mindful.
- Get along with colleagues, friends, and family better.
- Lowers your risk for conditions like heart disease, obesity, high blood pressure, and depression.
- Reduces tension among colleagues.

**Duration:** 1 Session

**Timing:** 2 hours each

**Mode:** F2F / Online

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**Name of Session:** IQ/ EQ/ SQ/ AQ

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Both

**Benefits** (Key Learning Concepts):

- Understand the difference among all four.
- Develop these skills as a leader.
- Empowered to perform.

**Duration:** 1 Session

**Timing:** 1 hour

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Transiting Managers Skill Development

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Both

**Benefits** (Key Learning Concepts):

- Increased productivity and morale.
- Better understanding of the role.
- Managing team and performance.
- Enhance skills as a manager.

**Duration:** 10 Sessions

**Timing:** 1 hour each session

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Presentation Skills

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Learn to communicate better in all areas of life and be less stressed.
- Give the audience what they want.
- Focus on your key message.
- Increase their levels of self-awareness, self-esteem and self-confidence.

**Duration:** 3 Sessions

**Timing:** 2 hours each session

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Business Etiquette/Executive Presence

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Enhances relationships in the workplace.
- Promotes business growth.
- Enhances impression.
- Helps professionals gain business travel etiquette.
- Enhances non-verbal communication.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Business Email

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Write clear and well-structured professional emails.
- Save time through communicating appropriately from the outset.
- Create a positive impact with customers, suppliers and colleagues.
- Avoid frustrating others with email overload.
- Write with impact and capture the reader's attention.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online



# NEOSTYLUS<sup>®</sup>

**Name of Session:** Netiquette

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Help construct and maintain a pleasant, comfortable, and efficient environment for online communication.
- Prevent miscommunication by understanding socially accepted norms.
- Ensure smooth communication.
- Respect others time and bandwidth.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Communication Style

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Both

**Benefits** (Key Learning Concepts):

- Helps you learn how to better relate to others.
- Improve your behavior in personal and professional relationships.
- Learn active listening techniques and how to manage difficult conversations effectively.
- Increases self-awareness.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Time Organizing

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Getting things done at the right time and save time.
- Understand the time thieves and overcome them.
- Prioritize work.
- Fight procrastination.
- Work life balance.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Recruiting & Interview Skills

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Focus on the skills required to conduct engaging interviews that include effective questions.
- Selecting the ideal candidates for the position by conducting detailed evaluations.
- Experiencing improved customer bonds.
- Differentiating similar candidates.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Performance Appraisals

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Increase performance of employees.
- Clear and clarify expectations.
- Evaluate goals.
- Learn to address areas of for improvements.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Planning

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Increases efficiency of employees
- Reduced supervision and less amount of wastage.
- Better labor –management relations.
- Increased motivation levels
- Achieve your goals in time.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

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**Name of Session:** Team Building

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Encourages productivity, creativity and enhances communication.
- Improves moral and builds trust and relationships.
- Helps discover strengths and weaknesses and increase confidence.
- Inspires collaboration, boosts motivation, and promotes positive environment.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

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**Name of Session:** Job Description

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Have clarity on why you need an employee and what are your expectations.
- Better management of staff.
- Provides a basis for measuring jobs and conducting performance reviews.
- It helps in analysis of gaps and learning needs.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online



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**Name of Session:** Giving Feedback

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Learn how to take and give feedbacks positively with focus on improvement.
- Positive feedback motivates and encourages employees to continue doing their jobs well.
- Helps individuals recognize and hone their skills, develop their areas of improvement.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

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**Name of Session:** Diversity

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Diversity Improves Cognitive Skills and Critical Thinking.
- Improves team performance.
- Improve the “intellectual engagement, self-motivation, citizenship, and cultural engagement.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

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**Name of Session:** Identifying Strengths and Weakness

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- You get to know your true self better.
- Turn your raw talents into matured strengths and live up to your full potential.
- Improves performance.
- Enjoy what you are doing.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

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**Name of Session:** Conflict Management & Problem-Solving

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Helps employees improve relationships.
- Decrease arguments.
- Achieve work goals fast.

**Duration:** 1 Session

**Timing:** 3 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Change Management

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Assess and understand the need and the impact of change.
- Align resources within the business to support the change.
- Manage the diverse cost of change.
- Reduce the time needed to implement change.
- Support staff and help them understand the change process.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

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**Name of Session:** Business English

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Reduced stress.
- Gain an edge over other professionals.
- Communicate effectively.
- Improve your ability to interact with English-speaking countries or companies.
- Build better relationships.

**Duration:** 3 months

**Timing:** 1 hour each session

**Mode:** F2F / Online

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**Name of Session:** Whatsapp/ Videos/ Podcasts

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- WhatsApp supports free voice/ video calls/ Group helps to be in touch.
- Listening to podcasts regularly helps develop a stronger and more vivid imagination.
- Videos provide a great way to integrate new content and share with employees.
- Greener and more cost effective.
- Geographic and borderless reach. Time flexibility.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

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**Name of Session:** Resilience

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Resilience training teaches people that changes are manageable.
- Resilience training protects against mental issues.
- Resilience training helps to cope with daily challenges.
- Resilience training strengthens emotional stability.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online



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**Name of Session:** Ikigai

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Increase work motivation.
- Be aware of your life's purpose and have a greater capacity to fight for your objectives.
- Act mindfully.
- Faster in work.
- Create a good work ethic.

**Duration:** 5 Sessions

**Timing:** 1 hour each session

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Organizational Development Coaching

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Both

**Benefits** (Key Learning Concepts):

- Increase employee engagement.
- Increase job satisfaction and morale. Improved employee retention.
- Unlock new sources of productivity.
- Identify and Develop HIPOs.
- Foster a Positive Company Culture.

**Duration:** 6 sessions (increase as per the need)

**Timing:** 1 hour each

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Fish Philosophy

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Everyone contributes. FISH! shows that cultural change is the responsibility of everyone in an organization, not just senior management.
- Builds trust and teamwork.
- Great culture. Great customer service.
- Great Attitude. Enjoy your job.
- Agile leadership.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

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**Name of Session:** Motivation

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Helps employees understand how their work fits into their company's structure, mission, goals, and achievements.
- Improved quality and improved customer service.
- A well-motivated workforce is loyal and has higher levels of morale, being more committed to the organization and its goals.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Anger Management

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Improved relationships, mental health, physical health, increased productivity, and better self-esteem.
- Reducing stress and the feeling of being overwhelmed.
- Helping you enjoy a better quality of life.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

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**Name of Session:** Assertive Skills

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- A healthy sense of self and respect for others.
- Leads to clear, open, and direct communication.
- Helps you gain the tools and techniques to say 'no' to the request while showing respect to that person.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Grooming and Body Language

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Create great first impression.
- Assists us in understanding and decoding what the person is saying.
- Helps to show you are enthusiastic and committed and exude confidence, friendliness, and sincerity.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Business Meeting Etiquette

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Enhances relationships in the workplace.
- Promotes business growth. Enhances impression.
- Helps professionals gain business travel etiquette.
- Enhances non-verbal communication.

**Duration:** 2 Sessions

**Timing:** 2 hours each

**Mode:** F2F / Online



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**Name of Session:** Goal Setting

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Provides direction. Clearer focus on what is important.
- Clarity in decision making.
- Gives you control of your future.
- Provides motivation.
- Gives you a sense of personal satisfaction and purpose in life.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Virtual Leadership

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Stay in contact with remote employees.
- Increase employee engagement and support better workforce decisions.
- Always have a plan. No unnecessary meetings.
- Cost reduction.

**Duration:** 1 Session

**Timing:** 1 hour

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Coaching/Mentoring Skills

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Improved employee performance.
- Increased employee engagement.
- Improved employee relations.
- Quickened leadership development.

**Duration:** 1 Session

**Timing:** 1 hour

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Decision Making

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Provides a flexible framework for breaking through analysis paralysis.
- Enables timely, high-quality, collaborative decisions that deliver better outcomes leverage diversity of thought across the team.
- Keep an eye on your goal.
- Improves efficiency.

**Duration:** 1 Session

**Timing:** 1 hour

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Project Planning & Delegation

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Manage budgets and timelines.
- Improve productivity and overall quality of work.
- Mitigate project risks.
- Improve relationships with stakeholders.
- Increase customer satisfaction.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

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**Name of Session:** Leading Innovation

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Provides an opportunity for team building.
- Helps organizations build a culture of innovation.
- Enables employees to feel empowered to identify and solve problems and come up with creative ways to improve the organization.
- Helps companies to adapt and overcome the challenges of change.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Managing Effective Meetings

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Increased engagement and collaboration.
- Increased accountability.
- A shared sense of purpose.
- Opportunities for personal growth.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Team Management

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Improved communication skills.
- Personalized feedback and self-evaluation.
- Deeper understanding of the role of a manager.
- Improved understanding of change management.
- Improved decision-making skills.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online



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**Name of Session:** Motivating and Encouraging Employees

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- People relax their fear of experimenting.
- Generates engagement among the participants. Develop self-confidence.
- Improves emotional state of the employees.
- Helps employees to be more efficient and coordinate better.

**Duration:** 1 Session

**Timing:** 1 hour

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Accountability and Integrity

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Equips employees to hold themselves and the people around them accountable for their commitments.
- Helps keep high-value customers, reduce employee turnover, improve productivity, and make smart decisions.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Life Coaching

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Leader

**Group/One-on-one:** Both

**Benefits** (Key Learning Concepts):

- Gain clarity & purpose.
- A point of guidance.
- Setting achievable goals. ...
- Create a sense of accountability.
- Encourages re-evaluation.
- Improve productivity.

**Duration:** 6 Sessions (increase as per the need)

**Timing:** 1 hour each

**Mode:** F2F / Online



## **Employee Empowerment Programs**

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**Name of Session:** Psychometric Assessments

**Session Objective:** Empower the Employee

**Name of Trainer:** Punam Agarwal

**Group/One-on-one:** Both

**Benefits** (Key Learning Concepts):

- Understand their strengths.
- Recognize their weaknesses.
- Able to move towards the right direction in life and achieve their goals.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online



# NEOSTYLUS<sup>®</sup>

**Name of Session:** Behavior Counseling

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Both

**Benefits** (Key Learning Concepts):

- Manage symptoms like stress, anxiety, and any other related to mental health conditions.
- Raise self-esteem.
- Understanding why a certain behavior is unacceptable.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Coping with Stress and Anxiety

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Push to work hard and perform best.
- Learn how to handle stress.
- Learn how to handle anxiety.

**Duration:** 1 Session

**Timing:** 1 hour

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Employee Orientation

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Importance of Familiarizing
- Learn to be a solutionist.
- Never take things personal.
- Get clarity about the company and its culture.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Attitude is Gratitude

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Adopt a growth mindset.
- Develop better relationships and social life.
- Practice mindfulness
- Positive outlook

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Ownership

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Have a sense of self-efficacy.
- Able to deeply engage in learning activities.
- Accept a sense of responsibility and control over their work environment.
- Develop creative freedom and personal satisfaction.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Empathy

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Helps employees to see from a different person's perspective and support them in a unique way.
- Improves the capacity to communicate well with others.
- Become better learners, develop better understanding of concepts.
- Learn to read others more accurately and show better social behavior.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Appreciating Differences

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Boosts self-esteem, and improves relationships, performance in studies, and work.
- Students feel confident and safe.
- Be willing to address inequality.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Gender Issues

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Changing gendered perspectives on the roles of women and men
- Countering gender-related stereotypes
- Creating a more equal society.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online



# NEOSTYLUS<sup>®</sup>

**Name of Session:** Integrity

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Raise awareness about integrity standards.
- Corruption prevention in the public sector.
- Learn to focus consciously on various areas including codes of conduct and ethics, conflict of interest, ancillary activities.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Teamwork

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Help employees communicate with others.
- Increase their social skills and self-confidence.
- Helps develop collaborative working skills.
- Learn important skills and life lessons.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Assertive Skills

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Help employees have a more accurate perception of their experiences.
- Empower them to deal with distressing situations such as bullying, inappropriate and upsetting behaviors directed at them or other employees, overwhelming instructions etc.
- Able to say No when needed while having control over their emotions.
- Resolving the conflict in a calm manner.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Grooming

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Helps employees understand the importance of hygienic lifestyle.
- Helps to maintain a healthy coat and skin.
- Consciously aware of dressing sense and its importance.
- Understand how grooming gives confidence.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Body Language

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Helps employees express themselves using the correct gestures and physical cues.
- Helps connect with people better and avoid culture shock.
- Widens self-perspective and how others perceive.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Listening Skills

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Improves linguistic barriers.
- Makes one more empathetic towards their surroundings.
- Helps resolve conflicts better.
- Helps understand the situation mindfully.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Anger Management

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Helps employees learn how to express feelings in a healthy way.
- Cope with stress more effectively.
- Improve relationships.
- Prevent unhealthy behaviors like misusing drugs or alcohol.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Disagreeing Amicably

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Develop the skill to perceive perspectives.
- Learn that disagreeing amicably helps build relationships.
- Helps others value and respect you.
- Helps employees become more positive, productive, and kind, and less anxious and stressed.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online



# NEOSTYLUS<sup>®</sup>

**Name of Session:** Resolving Conflicts

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Helps employees become more positive, productive, kind, less anxious and stressed.
- Helps improve communication and collaboration.
- Personal growth and insight.
- Develop healthy relationships and commitment.

**Duration:** 2 Sessions

**Timing:** 2 hours each

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Attitude of a Salesman

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- A positive attitude endears you to both clients and coworkers.
- boosts individual performance.
- Helps employees cope more easily with the daily affairs of life.
- Better psychological and physical well-being.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Traits of a Salesman

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Understand the skills that helps you shine as a salesperson.
- Helps one understand the expectations of a company from a salesman.
- Improve relationships.
- Helps you achieve your goals with clarity.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Sales Managers Skill Development

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Boosts revenue and improves productivity.
- Manage team better.
- Helps strengthen the organization.
- Helps close the gap between managers and management.
- Gives clarity to the role.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Diff. Types of Sales Selling Techniques

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Help close deals faster.
- Help bring in new clients and appease current ones.
- Improves employee satisfaction.
- Enhances performances and productivity.

**Duration:** 1 Session

**Timing:** 3 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Customer Service Vs Customer Experience    **Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Increased customer satisfaction, loyalty and retention.
- Increase in motivation and engagement.
- Benefits business – increased turnover and business.
- Improves employee happiness and engagement.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Sales Process Training

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Enhanced communication skills.
- Helps one analyze the company products, its sales, and profits.
- Increases productivity. Boosts company moral.
- Helps the sales process move smoothly.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Sales Leadership Training

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Provide managers with the skills and knowledge they need to lead their teams effectively.
- Save cost.
- Managers learn how to set sales goals, develop strategies for achieving those goals.
- Motivate and support their salespeople.

**Duration:** 10 Sessions

**Timing:** 1 hour each

**Mode:** F2F / Online



# NEOSTYLUS<sup>®</sup>

**Name of Session:** Motivation for Sales Team

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Improves their commitment towards business.
- Motivated salesperson closes deals better.
- Reduces rate of absenteeism, and improve performance and profit.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Presentation Skills

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Key to both individual and company success.
- Fundamental skill to get your message across.
- Helps one showcase professionalism with confidence.
- Helps you get recognized as a leader.

**Duration:** 2 Sessions

**Timing:** 2 hours each

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Business Communication Skills

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Creates better relationships.
- Helps handle conflicts better.
- Builds empathy.
- Increases self-awareness.
- Builds trust.

**Duration:** 10 Sessions

**Timing:** 1 hour each

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Business Meeting Etiquette

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Fosters a professional environment.
- Generates a base level of mutual respect.
- Improves communication between employees.
- Creates a baseline for interaction with those of other cultures.
- Improves your business image.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Business Social Etiquette

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Avoids misunderstandings and offence.
- Makes first impressions count.
- Makes communication clearer.
- Helps us be thoughtful about our conduct.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Business Interpersonal Skills

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Helps you earn respect.
- Become a better colleague and leader.
- Become an expert at relationship management.
- Gain a positive mindset to setbacks and conflict.

**Duration:** 10 Sessions

**Timing:** 1 hour each

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Digital Etiquette

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Encourages proper behavior and the process of using technology.
- Help make the online world a decent place for themselves and others.
- Allows you to find, use & create info online in a productive & useful way.
- Understand the use and misuse. Save cost.
- Mindful conscious enjoyment.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Telephone Etiquette

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Builds the trust of the potential customers.
- Facilitates communication and ensures that information flows smoothly and accurately.
- Creating a positive and lasting first impression.
- Providing clear and concise communication assists with customer satisfaction.

**Duration:** 1 Session

**Timing:** 3 hours

**Mode:** F2F / Online



# NEOSTYLUS<sup>®</sup>

**Name of Session:** Time Organizing

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Enables you to achieve your goals.
- Prioritize work.
- Reduces Stress Levels
- Become work efficient.

**Duration:** 1 Session

**Timing:** 3 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Negotiation Skills

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Prevents a conflict from escalating by using "preventive diplomacy".
- Opens wide new areas of interests to both parties by expanding the "pie".
- Saves trouble & money by resolving in a short period of time disputes.
- Improves communication maximizing the odds of a positive outcome.

**Duration:** 1 Session

**Timing:** 3 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** ESL-General English: L1/L2/L3/L4/L5

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Be able to follow instructions given in English.
- Develop confidence to speak in English in Business, Commercial and Administrative environment.
- Engage in an activity directly related to work & influencing the quality of work.
- Improve relationship with others at work by using English to communicate.

**Duration:** 3 months twice a week – 24 sessions

**Timing:** 1 hour each session

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** ESL- Spoken English

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Understanding how to communicate regarding day-to-day speech.
- Knowing the power of words and using them effectively
- Developing confidence to speak in English and communicate effectively.
- Be able to follow office/ work ambience etiquette while communicating with seniors and colleagues.

**Duration:** 3 months twice a week – 24 sessions

**Timing:** 1 hour each session

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** ESL- Writing Skills

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Learn how to communicate in writing.
- Understand the use of punctuation in writing and words used.
- Learn to use grammar, tense, and vocabulary correctly.
- Be able to communicate effectively with confidence.

**Duration:** 3 months twice a week – 24 sessions

**Timing:** 1 hour each session

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** ESL- Listening Skills

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Focus more intensely to assimilate information, understand different topics better, and to remember more details from what you've learnt.
- Learn to be an active listener and alert after understanding the importance of the Listening Skills. Understand the context before answering any questions.
- Knowing the power of words and using them effectively

**Duration:** 3 months twice a week – 24 sessions

**Timing:** 1 hour each session

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** ESL- Reading Skills

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Engage various parts of your brain.
- Improve your comprehension and analytical skills.
- Grow as reader, speaker and independent thinker.
- Build vocabulary, learn about the world, and understand complex concepts.

**Duration:** 3 months twice a week – 24 sessions

**Timing:** 1 hour each session

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Vocabulary

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Improve all areas of communication skills.
- Develop faster comprehension skills.
- Communicate better and understand others communication.
- Build relationships with seniors and professionals.

**Duration:** 3 months twice a week – 24 sessions

**Timing:** 1 hour each session

**Mode:** F2F / Online



# NEOSTYLUS<sup>®</sup>

**Name of Session:** Giving Feedback

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Learn to give negative feedback positively.
- Learn to take feedbacks positively.
- Make feedback an opportunity to learn and progress.

**Duration:** 1 Session

**Timing:** 2 hours

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Train the Trainer

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Impart their respective trainings more efficiently and effectively.
- Understand the full training cycle to impart training to others efficiently.
- Learn to respond to unexpected situations during trainings.
- Learn the technicalities and skills of this role.

**Duration:** 2 Sessions

**Timing:** 3 hours each

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Art of Persuasive Skills

**Name of Trainer:** Punam Agarwal

**Session Objective:** Empower the Employee

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Fosters empowerment and opens new opportunities.
- Helps you communicate better and overcome buyer resistance.
- Gives insight on divergent opinions and perspectives.
- Gain cooperation from all.

**Duration:** 2 Sessions

**Timing:** 2 hours each

**Mode:** F2F / Online

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**Consultation**

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# NEOSTYLUS<sup>®</sup>

**Name of Session:** Employee Counseling

**Session Objective:** Empower the Employee

**Name of Consultant:** Punam Agarwal

**Group/One-on-one:** Both

**Benefits** (Key Learning Concepts):

- Helps the employees to come out from the problems.
- Gives a new way to deal with the problems.
- Helps employee understand themselves, their roles and employer.
- Helps employees overcome barriers to achieve their goals.

**Duration:** 1 Session

**Timing:** 1 hour

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** HR Consultation

**Name of Consultant:** Punam Agarwal

**Session Objective:** Empower the HR

**Group/One-on-one:** Both

**Benefits** (Key Learning Concepts):

- Quicker deliverables.
- Cost effective options. Cost minimized.
- Utilization of core skills and effective execution.
- Manpower solutions.

**Duration:** Sessions depend on the project.

**Timing:** 1 hour each session

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Vaastu/FengShui Consultation

**Name of Consultant:** Punam Agarwal

**Session Objective:** Empower Your Place

**Group/One-on-one:** One-on-one

**Benefits** (Key Learning Concepts):

- Concentrate on promoting a positive way of life by enhancing the flowing of positive energies at home.
- Promote happiness, prosperity, and good health, and feel energized.

**Duration:** 1 Session

**Timing:** 1 hour

**Mode:** F2F / Online



# NEOSTYLUS<sup>®</sup>

**Name of Session:** Interior Designing Consultancy

**Name of Consultant:** Punam Agarwal

**Session Objective:** Empower the Place

**Group/One-on-one:** One-on-one

**Benefits** (Key Learning Concepts):

- Maximize your space with interior design.
- Enhance quality of life.
- Interior design with a sense of functionality.
- Time and budget management.

**Duration:** 1 Session

**Timing:** 1 hour

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Pranic/ Reiki Healing

**Name of Healer:** Punam Agarwal

**Session Objective:** Empower Self and Others

**Group/One-on-one:** Both

**Benefits** (Key Learning Concepts):

- Healing helps in cleansing homes, objects, workplaces.
- Creates positive energy, positive thinking and positive relationship.
- Helps in relaxation and reduced pain and tension throughout the body.
- Alternate therapy used for health treatment.

**Duration:** 1 Session

**Timing:** 1 hour

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Meditation

**Name of Meditator:** Punam Agarwal

**Session Objective:** Empower Self

**Group/One-on-one:** Both

**Benefits** (Key Learning Concepts):

- Building skills to manage your stress.
- Increasing self-awareness.
- Focusing on the present.
- Reducing negative emotions.
- Increasing imagination, creativity, patience and tolerance.

**Duration:** 1 Session

**Timing:** 1 hour

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Tarot Card Reader

**Name of Reader:** Punam Agarwal

**Session Objective:** Empower Self

**Group/One-on-one:** One-on-one

**Benefits** (Key Learning Concepts):

- It turns self-care into soul care.
- It can complement therapy.
- Tarot can open dialogue.
- Gives a clear perspective.

**Duration:** 1 Session

**Timing:** 1 hour

**Mode:** F2F / Online

# NEOSTYLUS<sup>®</sup>

**Name of Session:** Color Therapy

**Name of Healer:** Punam Agarwal

**Session Objective:** Empower Self Health

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Stress management.
- Decreased seasonal affective disorder symptoms.
- Improved sleep. Energy rejuvenation.
- Reduced anger. Improved relationships.

**Duration:** 1 Session

**Timing:** 1 hour

**Mode:** F2F / Online

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**Name of Session:** Motivational Speaker

**Name of Motivator:** Punam Agarwal

**Session Objective:** Empower people

**Group/One-on-one:** Group

**Benefits** (Key Learning Concepts):

- Empowers a person's confidence.
- Leaves a positive and rejuvenated impact.
- Gives one hope to handle life's battles.
- Helps in growth of an individual.

**Duration:** 1 Session

**Timing:** 1 hour

**Mode:** F2F / Online

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**Name of Session:** General Counseling

**Name of Counselor:** Punam Agarwal

**Session Objective:** Empower Self

**Group/One-on-one:** One-on-one

**Benefits** (Key Learning Concepts):

- Leads to self-discovery.
- Develops confidence, hope, and encouragement.
- Helps in the management of emotions.
- Contributes to self-acceptance. Improves your skill.
- Gives your point of view a direction. Provides mental peace.
- Helps in improving lifestyle.

**Duration:** 1 Session

**Timing:** 1 hour

**Mode:** F2F / Online





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