

INDIVIDUAL TRAINING

INTRODUCTION

This project forms a part of the open house training programme. It especially caters to the need of the people **who are either hesitant or do not want to adjust in group training sessions.** It is designed for the people who cannot spare out time for group training sessions, either of their personal or professional obligations. The trainer looks after their specific needs and imparts individual training to the desirous candidates. In such a way, the trainer has a personal interactive resonance with the candidate in the session.

Mr. Aggarwal has trained many politicians from Congress-I, BJP, BSP; SP etc. He has also individually trained doctors, lawyers and Rotary Club post bearers. Over the past years he has individually trained over 150 politicians.

DESIGNED FOR:

MD's, CEO's, Politicians, Doctors, and all those individuals who need public speaking, presentation skills

Please note: If you wish your names would not be disclosed.

DURATION

40 sessions of one and a half hour each, thrice a week, for three months.
(Timings and days are negotiable between the trainer and the trainee)

Investments:

Rs.70, 000 inclusive of service tax

Choice of courses:

- 1) Training on Political speeches**
- 2) Public Speaking and Presentation skills**
- 3) Confidence Building**

The contents of the afore mentioned courses are given hereunder. However the contents of these courses are tailormade and hence are subjected to changes and inclusion of specific trainings from other courses, on personal requirements.

1) Training on political speeches

- 1 How to start your speech
- 2 How to close your speech
- 3 How to make the middle body of the speech
- 4 How to speak in terms of your listener's interests
- 5 How to speak on any occasion
- 6 Talk to get action from your audience
- 7 How to convince your audience
- 8 How to speak with contagious enthusiasm
- 9 How to make impromptu talks
- 10 How to organize longer talks
- 11 How to become host/anchor/emcee
- 12 How to introduce speakers
- 13 How to present and accept awards
- 14 Platform presence and personality
- 15 Body language
- 16 Improving dress sense

2) Public speaking and presentation skills

- 1 Acquiring the basic presentation skills
- 2 How to develop confidence
- 3 How to start a talk
- 4 How to close a talk
- 5 How to make the middle body of the talk
- 6 How to talk in terms of your listener's interests
- 7 Making the talk to convince
- 8 How to speak with contagious enthusiasm
- 9 How to make impromptu talks
- 10 How to organize longer talks
- 11 How to become the master of ceremonies
- 12 Voice modulation
- 13 How to introduce speakers
- 14 How to present and accept awards
- 15 How to improve your diction
- 16 Platform presence and personality
- 17 Body language
- 18 Memory building
- 19 Improving dress sense
- 20 Table manners
- 21 Group discussion

3) How to develop self confidence and influence people

- 1 How to remember people and their names
- 2 How to speak confidently and effectively
- 3 How to improve our health (Health Management)
- 4 English is easy
- 5 How to improve memory
- 6 How to manufacture enthusiasm in your mind
- 7 How to become famous
- 8 Improving relations with others
- 9 How to develop greater confidence
- 10 How to improve outer personality (Dress sense)
- 11 Effective leadership qualities
- 12 Art of relaxation and meditation
- 13 How to make friends
- 14 How to make elders, boss happy
- 15 Communication skills i.e. body language, voice modulation etc
- 16 How to reduce self consciousness and fear
- 17 Diet (Eating right)
- 18 How to change people to your point of view
- 19 Developing a sense of humor
- 20 Control right brain hemisphere for better intuition
- 21 Learn to say NO
- 22 How to overcome tension, worry and guilt
- 23 Having a dynamic personality
- 24 How to convince others
- 25 Manage your anger creatively and innovatively
- 26 Word power (How to mug up a whole dictionary)
- 27 How to face interviews
- 28 Time is money (Time management)
- 29 Correct etiquettes and manners
- 30 Set your goals to achieve success (Goal setting)
- 31 How to get peace and happiness
- 32 Becoming a person of influence
- 33 Job hunting
- 34 How to turn failures into success