

STRAT LIFE

Give Strategy to life

Life is a battle and in order to function normally each and every individual needs to learn the art of planning and directing one's life. In other words, each individual needs to have a plan of action designed to achieve a short term, medium term and long term or overall aim both in their personal and professional lives. In general nomenclature, it is called strategy. In an individual nomenclature it can be termed as StratLife.

Our lead strategists will help you develop the strategy for your life and help you attain a healthy positive life.

STRATEGIC SESSIONS

No.	Session	Strategies are provided for	You will be able to	No of sessions
01	Conquering Stress	Anger management Anxiety management	<ul style="list-style-type: none">- Learn new techniques to calm down in stress.- Manage anger to create positive-ness.- Understand patience and self-control.- Learning fundamentals of active listening and clear understanding of your own listening style.- Improve verbal and non-verbal communication.	04
02	Work Place concerns and career planning	Work life balance How to work in team Conflict management Work place stress management Time management	<ul style="list-style-type: none">- Manage time effectively to meet deadlines and also allocate time for leisure and to connect with people.- Effective techniques to prioritize and categorize job.- Multi-cultural work ethics and techniques to handlework place bullying.- How to be a leader and not a boss.	04
03	Self development and empowerment	Self awareness Negative thinking Self empowerment	<ul style="list-style-type: none">- Identify and improve decision making skills.- Discover who you are and understand limitations of self doubts and fears.- Learn to think with more positivity.- Identify typical mistakes in thinking pattern.	03
04	Building relationships and retention Strategies	Relationship maintaining Problem solving	<ul style="list-style-type: none">- Maintain a happy relationship and communicate effectively to others.- Build positivity, healthy coping and problem solving, creating happiness within family system and at work.- Identify the ways we undermine ourselves in relationships.- Develop confidence, loving and deep connection with others.- vImpact of communication skills on relationships.	04
05	Strategic handling of celebrity status	Ideal for actors, news reporters, talk show hosts, comedians, reality show performers and famous authors	<ul style="list-style-type: none">- Manage public relations and celebrity press.- Improve public speaking skills.- How to deal with critics and career plunges.- Techniques to deal 'lack of privacy'.	03

The number of sessions mentioned can vary depending on your needs. One session will ideally be 40 min. StratLife strategies are tailor designed and can be customized to fit your needs.