

# Programs offered By Alok Keshri

(An International Motivational Speaker & Soft skills Trainer &  
Personality Growth Coach)



# Extensive Personality Development Workshop – 40 Hrs

***Who can Attend: Professional Degree Students & Job Seekers***

**College to Corporate (40 Hrs) Batch size -45 to 60**

## **Participants/batch**

- ❖ Overcome Giving up attitude and acquiring “I CAN DO” attitude.
- ❖ Intensive Activity Based Coaching
- ❖ Effective communication skills Practice
- ❖ Effective Presentation skills Practice
- ❖ Confidence Building .
- ❖ **Removing stage Fear forever.**
- ❖ JAM(Just a minute) and Extempore speech
- ❖ Do's & Don'ts of **Group discussion.**
- ❖ Do's & Don'ts of **Facing personal interview.**
- ❖ Several **Mock Group Discussion & Mock Personal Interviews.**
- ❖ Sample **Resume Building**
- ❖ Time management & Goal Setting
- ❖ **Comprehensive Reference Course Materials**
- ❖ Speech organization (Start, Main Body & Close of Presentation)
- ❖ **Killing your nervousness completely.**
- ❖ Control on **Body Language & Voice Modulation.**
- ❖ Improving **Dressing sense.**
- ❖ Detailed **Evaluation & Feedback** at the course End
- ❖ **Course Completion Certificate**

# Teacher Training Workshop for Schools/Colleges- 25 Hours Course

## Workshop Coverage:

- ❖ Effective Communication Skills
- ❖ Effective Presentation Skills
- ❖ Time Management
- ❖ Teacher as a Leader
- ❖ Relationship Management (students & Colleague)
- ❖ Teacher Productivity Enhancement
- ❖ Teacher & Student Behavior Management.
- ❖ Classroom Discipline & Classroom Management
- ❖ Class activities
- ❖ Equality and Diversity
- ❖ Creating Learning Environment
- ❖ Mentoring Methods
- ❖ Advanced Teaching Methodologies
- ❖ Teacher Classroom Observation
- ❖ Evaluation & Feedback

## Benefits:

- ❖ Communicate effectively with students of all ages.
- ❖ Positive and friendly body language.
- ❖ Explain topics and subjects clearly.
- ❖ Learning to understand students mind .
- ❖ Handling disturbing students Effectively.
- ❖ Leadership skills enhancement.
- ❖ Develop interesting and stimulating course study material.
- ❖ Speak confidently in front of a class.
- ❖ Provide individual support to students.
- ❖ Relationships building techniques with students.
- ❖ Understand how children learn.
- ❖ Inspire Students to do their best at all times.

# Year long Personality Development and Life Skills Program for Schools & Colleges ( Duration:-4 Hours per Class/Month for 10 Months )

## Effective Communication Skills

- Understanding effective communication skills and its barriers.
- Effective usage of Body language
- Effective usage of Vocal impact in effective communication
- Effective usage of Verbal impact in effective communication
- Effective Listening Skills, Story Telling skills, Speaking Skills
- Effective Presentation at their age.

## Developing Leadership & Teamwork Ability

- Bring a leader with in them.
- Proper responsibility awareness and learning accountability at their level.
- Learning how to deal positively with negative scenarios.
- Maintaining strong relationship with parents, guardians & Teachers.
- Maintaining self respect & learning to respect others.
- Learning to work effectively in a Team.

## Building Faith/Confidence/Belief/Self Esteem

- Overcoming stage fear
- Strengthening the power of belief & faith in you.
- Gaining Confidence level and self esteem.
- Overcome Giving up attitude and acquiring "I CAN DO" attitude.
- Effective Practice of Group discussion and Role play.
- Effective Speaking skills

## Self Discipline & self Motivation.

- Importance of Discipline at their level.
- Learn & Realize what happens in life without discipline.
- Learning proper steps to follow discipline in life.
- Learning Importance of self Motivation.
- Practicing self Motivation and realizing the result of self motivation on daily basis.

## Better Academic Performance & Time Management

- Better Academic Performance
- Understanding the importance of Education.
- Overcome fear of Examination.
- Knowing how to score more percentage in less time.
- Proper revision strategy for retaining many information for long time
- Mind map technique to remember fast
- Step by step Time Management technique.

## Making the right choices in life/ Goal Settings

- Goal Settings.
- Making everyday decisions correctly in life.
- Learning how to choose right friend in life.
- Understanding others body language for self Security.
- Self realization about good and bad choices everyday in life.
- Handling distractions effectively.
- Understanding about the importance of Goals in life.
- Effective Goal setting technique and achieving it successfully.
- Setting short term and long term Goals.
- Powerful growth plan discussion effectively.

**Age Limit:** 12 + Yrs

**Who Can attend:** Std 8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup>, PUC Students & Degree College Students

**Inclusive :- With Extensive Course Hand outs**

## End Results & Benefits

1. Learning to communicate effectively
2. Confidence building
3. Overcoming stage fear
4. Score higher marks
5. Ability to take right decisions

6. Overall Personality Development
8. Leadership skills
9. Effective Team work ability
10. Developing strong interactive skills
11. Schools/Colleges Academic Result Improvement

12. School /College can promote in the market for conducting these courses apart from academic focus.
13. Self discipline in students as a result of this course.

# Public Speaking- YES, I Can – Remove Your Stage Fear Forever

**Course Duration:** 4 Days or 25 Hrs Workshop

**Age Limit:** 13 Yrs to 55 Yrs

**Who Can attend:** Students, Fresher's, Job Seekers, Engineers, Team Leader, Manager, Professional Degree Students, Lawyer, Doctor, CA, Bankers, Accountants, Architects

## **Program Benefits:**

- Say Bye-Bye to your stage fear forever.
- Overcome fear of Public Speaking.
- Removing your shyness.
- Practical Presentation skills technique Learning.
- Maintaining Enthusiasm while talking.
- Speech organization (Start, Main Body & Close of talk)
- Build ultimate confidence in your personality.
- Kill your nervousness completely.
- Control on Body Language.
- Learn how to connect with audience in just 2 minutes after you start your Presentation.
- Learning the right way for Information Gathering, Planning and Preparation of your presentation
- Learning to make Presentation Convincing & Surprising.
- Learn to Control voice Modulation.
- Memory Building
- Improving Dressing sense
- Learn quick reference notes for Presentation.
- Learn to use right kind of audiovisuals aids.
- Technique to handle questions and answers with ease
- Course Completion Certificate



The advertisement features a collage of images: a man in a black shirt pointing at the camera, a blue seal with '100% Guaranteed Results', a close-up of a silver microphone, and a group of students in school uniforms standing with a man in a suit. The text is overlaid on these images.

## Public Speaking- YES, I Can

**Extensive Workshop on Public Speaking**  
**By Alok Keshri**  
(An International Motivational Speaker & Corporate Trainer)

**FREE Extensive Reference Course Material**