



**PRAGYA**  
Living Wisdom Centre

## BUSINESS WISDOM SERIES

Short Talks by Pragya Living Wisdom Centre

*Duration – 1 to 2 hours each*

*Each topic is modular in structure, hence flexible in duration*

Leadership Development	Team Bonding & Team Synergy	Career Development
Rise	Alive	Breaking Inner Barriers to Success
Empowered You. Empowered Leadership.	Montage	BrainTap <i>activate your brain's peak potential</i>
The Midas Touch <i>it's all about abundance</i>	Zen Seva <i>peer to peer generosity &amp; synergy</i>	Careerwise <i>working with prosperity consciousness</i>
Grace under Fire <i>mindfulness &amp; EI for leaders</i>	Mindful Games	Meeting Me <i>know how to work with your intelligences</i>
Gift your Presence <i>bring the best on board</i>		BrainGym
Mindfully Lead <i>neuroscience of mindfulness for leaders</i>		
Communication	Self Development Team Development	Women Empowerment
Total Presence	Emotional Empowerment	Face Your Self

<b>Hot Seat</b> <i>gift your feedback</i>	<b>Banish your Blues</b> <i>deal with emotions in safe ways</i>	<b>Breaking Inner Barriers to Success</b>
<b>Elevate</b> <i>make the perfect pitch</i>	<b>Emotional Intelligence</b>	<b>The Divine Feminine</b>
<b>Winning Voice</b> <i>voice development through theatre, neuroscience and emotional intelligence</i>	<b>Harmony @ Work</b>	<b>Shakti</b>
<b>Body Speaks</b> <i>theatre and neuroscience based approach to unlock the power of body language</i>	<b>Sutras of Success</b>	<b>Winning Voice</b> <i>voice development through theatre, neuroscience and emotional intelligence</i>
<b>Express Oh!</b> <i>English in business</i>	<b>Tell a Tale</b>	
<b>Mindfulness @ Work</b>	<b>Health &amp; Wellness</b>	<b>Family Life &amp; Parenting</b>
<b>Awaken</b>	<b>BrainTap Wellness Lab</b>	<b>Conscious Parenting</b>
<b>Compassion in Conflict</b>	<b>Make Stress Your Friend</b>	<b>Sutras of Parenting</b>
<b>Story Satori</b>	<b>Emotions &amp; Health</b>	<b>Parenting for Special Needs</b>
<b>Gift Your Presence</b>	<b>Mindful Eating</b>	<b>Sacred Home</b>
<b>The Gift of Mindful Feedback</b> <i>neuroscience of feedback</i>	<b>Desktop Yoga</b>	<b>Family Constellation</b>
<b>Words' Worth</b> <i>mindful emailing</i>	<b>Release and Re-energize</b>	<b>Performance Pressure</b>

**Contact -**

**Kapila Ramakrishnan**

Coordinator, Pragma Living Wisdom Centre

Email id – [kapilaramakrishnan@gmail.com](mailto:kapilaramakrishnan@gmail.com) || HandFone - +91 78999 17213