EmpowerU: Finding Your Balance

Want to have more satisfaction, sense of fulfillment, and purpose? Our success in life is based on how well we manage our relationships; our relationship with our self, our friends and family, and those acquaintances with whom we work and play. In this four-part workshop Dr. Kaushal Nanavati will challenge and guide you to clarify your personal and professional goals, empowering you to improve your relationships at all three levels.

Attend one session or the entire series as the concepts of each session complement and reinforce the content of the others. Each session will help you gain insights to approach the coming year with an improved focus!

January 16, 2016: Reflection, Purpose, and Promise
You will be immersed into an active and purposeful mindset to launch into 2016. You will gain a better awareness of your needs vs. wants and understand why it is important to identify your internal customer – you, versus your external customer - others, Dr. Nanavati will help you define your goals, purpose, and vision for the coming year and teach you practical ways to achieve them.

February 6, 2016: Stop, Collaborate, and Listen
Effective communication is the key to successful relationships both personally and professionally. Utilizing a combination of teaching techniques, Dr. Nanavati will help you enhance your understanding of communication, leadership and team building approaches. You will learn how to engage and empower yourself using skills that allow you to refine your personal style and to enhance and build your relationships.

March 5, 2016: Nature, Nurture, & the Inner Universe
This dynamic and eye opening session is a one of a kind program that will delve deep within to show you cutting edge concepts in organizational structure and the greatest architectural design in existence – the HUMAN BODY! The efficiency of the human body is magnificent and unparalleled. Dr. Nanavati will teach you how to take lessons from the body to create a better tomorrow for yourself.

April 2, 2016: Buffering: Creating Access to Excess
Ever wish for more time, more resource, and more flexibility? You may already have them but not know how to access them. In this session we will explore ways in which you can access the excess that is available to you by refining and redefining goals, targets, and expectations to create a more efficient, rewarding, and profitable model for your life.

Come alone and create networks with colleagues from different walks of life, gaining new insights from different perspectives.

Bring a team and create a shift in the culture within your work environment.

Bring your partner and refine your relationship!

Join us for this Saturday Workshop Series: 8:30am – 11:30am
Make 2016 your best year ever!

Learn more about these and other upcoming programs at tedcenter.syr.edu or call the TEDCenter at 315.443.9219.