

Train My Brain



Helping you develop
healthy self-awareness in
your own life.



simplify & inspire

Purpose Coach | TEDx Speaker

Keynote Talks | Author

Founder, Train My Brain

CA (India) & MBA (Australia)

Brain Mapping Practitioner (UK)

Certified Trainer & Life Coach (Australia)



Problem

- ▶ Lack of self-awareness, self-love and self-motivation in this increasingly complex world.
- ▶ High level of dissatisfaction leading to depression, anxiety, burnout and suicide.
- ▶ Confusion around career path, seeking lasting joy and finding life's purpose.

Build self-esteem and self-awareness at your own pace using simple & easy to use tools.



Improve self-care to fight depression, anxiety and frequent burnouts.



Discover Life's Purpose to create lasting happiness.



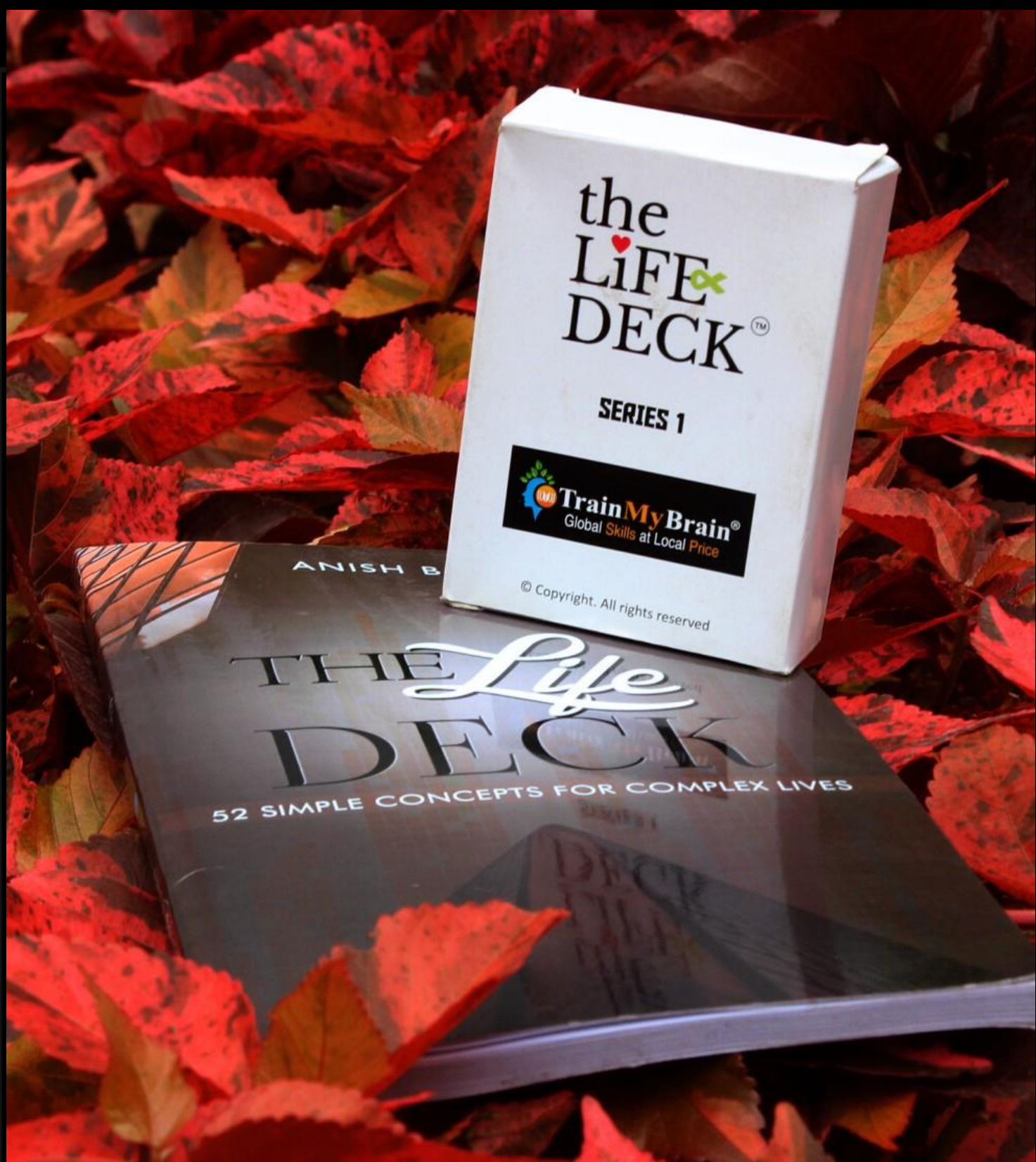
Solution





Life Deck

Collection of 52 cards – each one with a unique, easy-to-implement concept – crafted to ignite sparks that guide one through the journey of self-discovery and life improvement.



52 card concept
getting built

2015 to 2018

Life Deck
product launched

Start of 2019

Life Deck
book published

Mid of 2019

Livesessions and
workshops

From end of 2019

it all started with a
cup of coffee..



Birth of The Life Deck

In this increasingly complex world, we need simple tools that are easy to implement in our daily life to help us build self-awareness which is the foundation of personal growth.

**Incredibly
useful for**

**Educational
Institutions**

Students, teaching and
non-teaching staff

Corporates

Lower and middle level
Management



Live Session-Duration

Spark Talk
(TED talk format)
Any 2 concepts

20-30
Minutes

Mini-Talk
upto 8 concepts

60-90
Minutes

1-on-1 Individual session
Full day

4-6
Hours



Live Session - Batch size

Students

upto 150

Teaching and non-
teaching staff

upto 40

Corporates

upto 25

Some of the 52 Concepts

Focus on Life

Outside-in or inside-out living, needs, relationship, wisdom, acceptance, energy & balance.

Focus on Negative Emotions

Problems, procrastination, anger, fear, depression, failure, suffering, ego, envy, worry, stress & guilt.

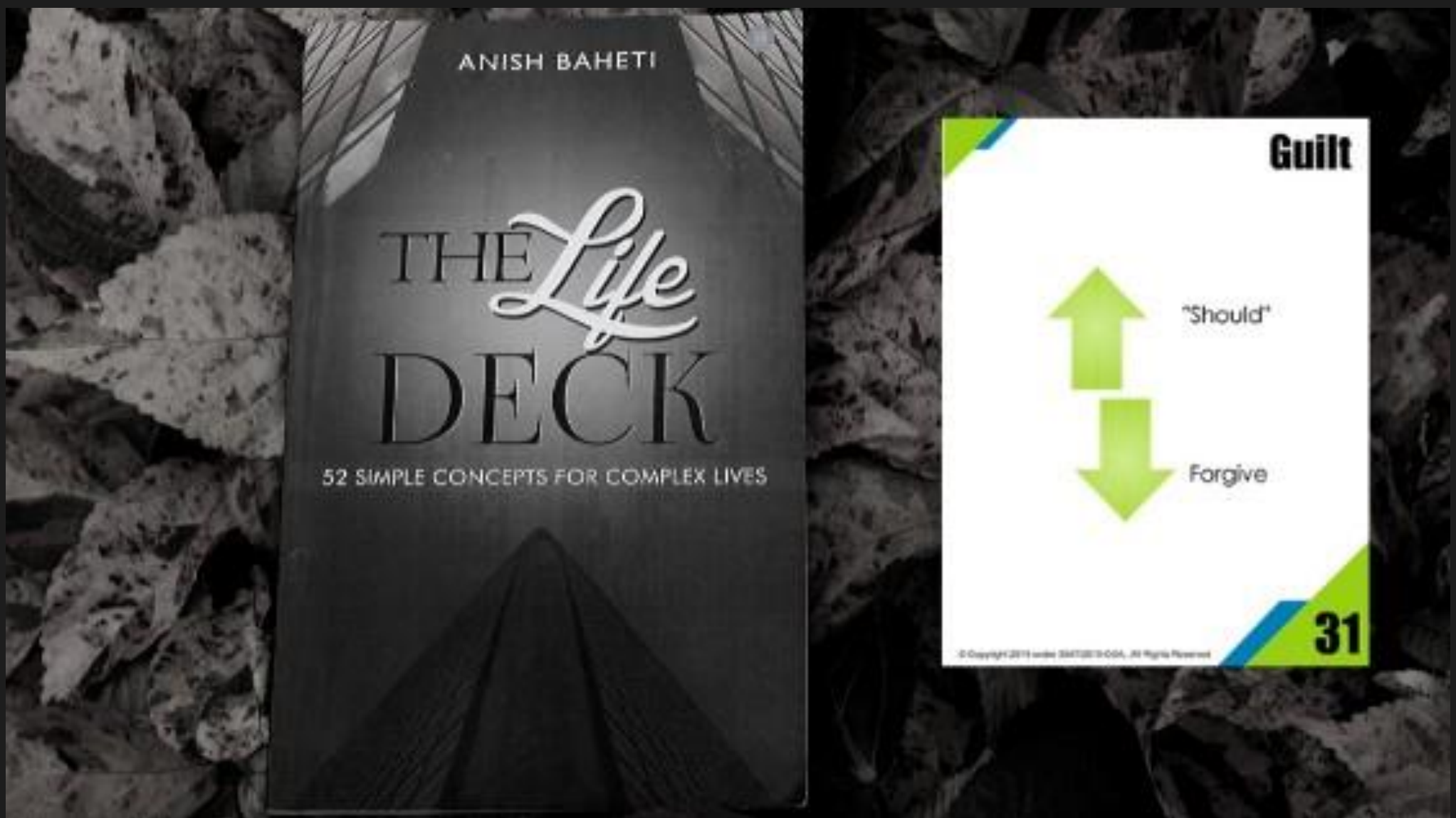
Focus on Positive Emotions

Determination, self-love, confidence, forgiveness, healing, mindfulness & awareness.

Focus on Purpose

Minimalism, happiness, bliss, clarity, success, trust, meditation & Purpose.

Sample Concept Card no. 31: Guilt



When you think that you have *compromised* your own values, you feel guilty.

Should: Feeling guilty about something terrible or harm you did to yourself or others, is what I consider as healthy guilt. But, if you feel guilty because of your own belief or others expectations that you "*should*" be doing this or that, I consider that as unhealthy guilt.

Forgive: Releasing built up guilt by forgiving yourself is vital step in moving forward in your life.

Foreword by Amala Akkineni, Actor



"Each of the fifty-two concepts focuses on one central element, beginning with a short introduction and then exploring the topic in an enlightening and stimulating fashion. It is well researched and supplemented by personal experiences and examples that offer learning occasions for the reader.

The content applies to all, regardless of age or gender, and encourages them towards personal success through self-motivation and inner reflection. The innovative deck of cards offers practical advice and guidance for cultivating a purposeful life. However, I personally recommend that the book and the deck will have more meaning when accompanied with a workshop to practice them. I wish Anish Baheti all the very best for this endeavor. May citizens find support here to face the ups and downs of life!"

Glimpses & Testimonials

"A journey of self-introspection that makes imperative to think on the simple matters which are crying out attention in one's daily life".

"Complexity of life being explained in an unique way"

"The session will bring crystal clarity about 52 concepts of Life, in simple words but in an impactful way!"



"This workshop will show you how small changes in perspective, thinking process, mindset & setting up goals can make life very successful, happy and content."

"Life deck is all about small things, simple concepts that can make a big difference in your life in current challenging scenario. This was indeed very useful to think forward for living a joyful life."

The Life Deck perplexes and charms, revealing an easy- to-follow recipe for our complicated lives.

"Mind-blowing, heart-touching and soul-inspiring!"

How to register?

Step 1

Email your enquiry to
info@trainmybrain.in

1

Step 2

Mention the batch size, duration,
budget constraint and level of
participants in the email

2

Step 3

Wait for our response with
an outline and quotation

3

Step 4

Holla! Once you confirm,
we are ready to rock!

4

THE LIFE DECK PROGRAM

the
LiFE
DECK™

SERIES 1



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LIFE Needs

Living

Inside Out

Self-worth

Validation

Control

Manage

EVER WANTED TO UNDERSTAND LIFE IN A
SIMPLE, FUN AND EXPERIENTIAL WAY?

NOW YOU CAN WITH - THE LIFE DECK™

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