

Let's ignite  
**inspiration,**  
cultivate  
**resilience,**  
and unleash  
**potential**  
**together!**



**COACH**  
**R. P. MISHRA**

Motivational Speaker, Life Coach & Business Coach

**FOUNDER & CEO**

**Manomay Living Private Limited**

# Motivational Speaker

## SESSION CHARGES

INR 1.5 Lacs

Duration - 3 hrs.



### **1. Overcoming Adversity**

Share stories and strategies For bouncing back from challenges and setbacks.

### **2. Achieving Personal Excellence**

Discuss methods for setting and achieving personal and professional goals.

### **3. Leadership and Influence**

Inspire others to lead effectively and make a positive impact in their communities or workplaces.

### **4. Mindset Mastery**

Teach techniques for developing a positive and resilient mindset.

### **5. Work-Life Balance**

Offer strategies for finding harmony between professional success and personal well-being.

### **6. Emotional Intelligence**

Guide your audience on understanding and managing emotions for enhanced interpersonal relationships.

### **7. Turning Dreams into Reality**

Provide practical steps for turning aspirations into achievable goals.

### **8. Building Resilience**

Discuss how to bounce back stronger from setbacks and thrive in adversity.

### **9- Motivating Teams**

Share insights on how to motivate and inspire teams to achieve collective success.

### **10. Purpose and Passion**

Help individuals reconnect with their passions and align them with their life's purpose.

# Life Coach

## SESSION CHARGES

INR 1.75 Lacs

Duration - 3 hrs.



### **1. Goal Setting and Achievement**

Teach effective strategies for setting meaningful goals and creating action plans to achieve them.

### **2. Personal Growth and Development**

Help individuals identify areas for personal growth and provide tools to facilitate continuous development.

### **3. Self-Discovery and Awareness**

Guide your clients in exploring their values, strengths, and passions to align their lives with their true selves.

### **4. Building Confidence and Self-Esteem**

Share techniques and exercises to boost self-confidence and improve self-esteem.

### **5. Relationship Dynamics**

Provide insights into improving communication, setting boundaries, and cultivating healthy relationships.

### **6. Managing Stress and Wellness:-**

Offer practical tips and techniques for managing stress, enhancing well-being, and fostering resilience.

### **7. Career Transition and Development**

Assist clients in navigating career changes, discovering their career path, or advancing in their current profession.

### **8. Mindfulness and Emotional Balance**

Introduce mindfulness practices and emotional intelligence tools to help clients manage emotions and cultivate inner peace.

### **9. Creating Work-Life Balance**

Discuss strategies for achieving harmony between work, family, and personal life responsibilities.

### **10-Financial Wellness**

Provide guidance on budgeting, Saving, and achieving financial Goals to create a stable and Fulfilling life.

# Business Coach

## SESSION CHARGES

INR 2 Lacs

Duration - 3 hrs.



### 1. Strategic Planning

Guide clients in developing and refining their business strategies to achieve long-term success and sustainability.

### 2. Leadership Development

Provide insights and tools to help business owners and managers become effective and inspirational leaders.

### 3. Marketing and Branding

Teach strategies for building a strong brand presence, identifying target markets, and executing effective marketing campaigns.

### 4. Sales Mastery

Share techniques for improving sales processes, handling objections, and closing deals effectively.

### 5. Financial Management

Assist clients in understanding financial statements, budgeting, cash flow management, and financial planning for growth.

### 6. Team Building and Management

Offer strategies for recruiting, developing, and leading high-performing teams.

### 7. Business Growth Strategies

Discuss tactics for scaling a business, entering new markets, diversifying revenue streams, and fostering innovation.

### 8. Customer Experience and Retention

Help clients enhance customer satisfaction, loyalty, and retention through exceptional service and relationship-building strategies.

### 9. Operational Efficiency

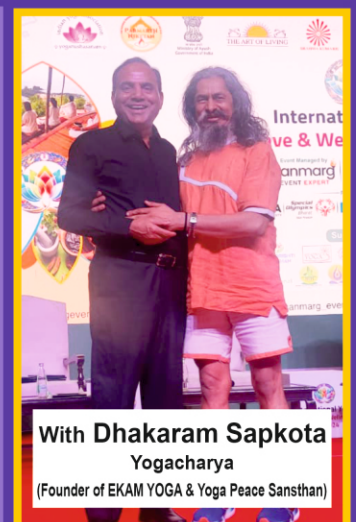
Provide guidance on optimizing operations, streamlining processes, and implementing technology solutions to improve efficiency.

### 10. Entrepreneurial Mindset

Foster an entrepreneurial mindset among clients, focusing on resilience, adaptability, creativity, and risk-taking.



With Ramesh Agarwal  
Chairman  
(Agarwal Packer & Movers Ltd.)



With Dhakaram Sapkota  
Yogacharya  
(Founder of EKAM YOGA & Yoga Peace Sansthan)

# Media Coverage

## Namami Gange program organized at Sudhakar Women's Educational Institute through

Prayagraj Nikash Express  
Namami Gange Camp City Building Program was organized under the joint auspices of Indian Institute of Public Administration, New Delhi and Disha Institute, Prayagraj. Sudhakar Mahila Sansthan group in Pandeypur, Prayagraj, the Indian Institute of Mother Ganga Clean told about its measures. Prithvi Narayan Dubey said that the cleanliness of Mother Ganga is the center point of culture and education, but 40 percent of the country's population is dependent on the river. Ganga. Secretary of Disha, Dr. Shyamoli Singh, said that it is our duty to keep Mother Ganga clean. Because the river Ganga is the pride of Indian culture which gives



lamp, the guests were Singh and the vote of icomed with flower thanks was done by nches. While it was Secretary Mr. Vinod inducted by Dr. Saroj Mishra.

## सुधाकर महिला शिक्षण संस्थान समूह में नमामि गंगो कार्यक्रम का आयोजन

जागरूकता और जन सहभागिता से मा गंगा को स्वच्छ रखा जा सकता है - डॉक्टर श्यामली सिंह

पाण्डेयपुर स्थित सुधाकर महिला शिक्षण संस्थान समूह में भारतीय लोक प्रशासन संस्थान नई दिल्ली एवं दिशा एटि संस्थान, प्रयागराज के संयुक्त आयोजन में 'नमामि गंगो' के तहत सिटी इनिशिएटिव कार्यक्रम का आयोजन किया गया। भारतीय लोक प्रशासन संस्थान के मुख्य अतिथि डॉक्टर श्यामली सिंह ने कहा कि जन जागरूकता और जन सहभागिता से माँ गंगा को स्वच्छ रखा जा सकता है। जबकि दिशा एटि संस्थान के उपाध्यक्ष आर. पी. मिश्रा ने माँ गंगा स्वच्छता अभियान में कुप्रथा पर विशेष बल दिया और इसके उपायों के बारे में महानगर महाविद्यालय के प्राचार्य डॉक्टर सुभाष कुमार दुबे ने कहा कि माँ गंगा कि स्वच्छता संस्कृतिक और अध्यात्म का अंक बिंदु है। बल्कि देश के 40 प्रतिशत



## जन सहभागिता से ही रखा जा सकता है गंगा को स्वच्छ

सुधाकर महिला शिक्षण संस्थान में नमामि गंगे कार्यक्रम का आयोजन

कार्यी वार्ता 30.11.2023



महाविद्यालय के समन्वयक व शिक्षाविद् डा. अशोक कुमार पाण्डेय ने माँ गंगा को स्वच्छ

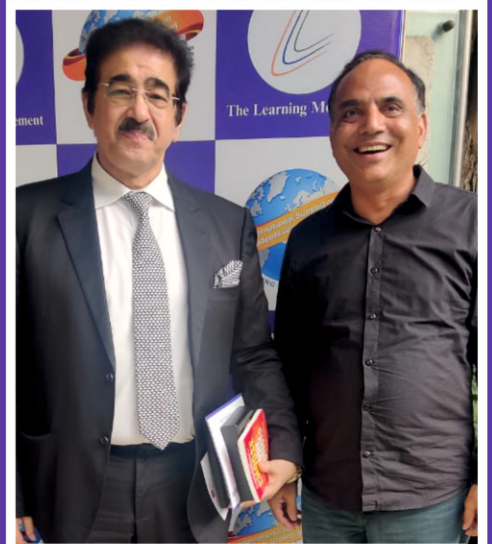
वाराणसी। पाण्डेयपुर स्थित सुधाकर महिला शिक्षण संस्थान समूह में भारतीय लोक प्रशासन संस्थान नई दिल्ली एवं दिशा एटि संस्थान, प्रयागराज के संयुक्त गतवधान में 'नमामि गंगे' के तहत सिटी इनिशिएटिव कार्यक्रम का आयोजन किया गया। लोक प्रशासन संस्थान के मुख्य डा. श्यामली सिंह ने कहा कि जागरूकता और जन सहभागिता से माँ गंगा को स्वच्छ रखा जा सकता है। दिशा संस्थान के उपाध्यक्ष आर. पी. मिश्रा ने स्वच्छता अभियान में कुप्रथा पर बल दिया और इसके उपायों के बारे बताया। महाविद्यालय के प्राचार्य डा. नारायण दुबे ने कहा कि माँ गंगा स्वच्छता सांस्कृतिक और अध्यात्म के केन्द्र बिन्दु है। बल्कि देश की 40% आबादी गंगा नदी पर निर्भर है।

## सेंट्रल एकेडमी स्कूल झूसी में छमा निर्माण कार्यशाला का आयोजन



को स्वच्छता संस्थान को बंधन उक्त कार्यक्रम के आयोजन किया गया। भारतीय लोक प्रशासन संस्थान नई दिल्ली एवं दिशा एटि संस्थान, प्रयागराज के संयुक्त आयोजन में 'नमामि गंगो' के तहत सिटी इनिशिएटिव कार्यक्रम का आयोजन किया गया। भारतीय लोक प्रशासन संस्थान के मुख्य अतिथि डॉक्टर श्यामली सिंह ने कहा कि जन जागरूकता और जन सहभागिता से माँ गंगा को स्वच्छ रखा जा सकता है। जबकि दिशा एटि संस्थान के उपाध्यक्ष आर. पी. मिश्रा ने माँ गंगा स्वच्छता अभियान में कुप्रथा पर विशेष बल दिया और इसके उपायों के बारे में महानगर महाविद्यालय के प्राचार्य डॉक्टर सुभाष कुमार दुबे ने कहा कि माँ गंगा कि स्वच्छता संस्कृतिक और अध्यात्म का अंक बिंदु है। बल्कि देश के 40 प्रतिशत





**With Sandeep Marwah  
Chancellor  
(AAFT University of Arts & Meddia)**



**With Ram Chandra Agarwal  
Chairman & Managing Director  
(Vishal Mega Mart)**





**With Ashok Gupta**  
Chairman  
(Sakarni Group)



**With Navratan Aggarwal**  
Director  
(Bikanerwala)



# Valuable Testimonial



Coach RP Mishra's guidance has been transformative for my personal and professional life. His stress management techniques are practical and effective, making a significant difference in my daily routine.

**Ishita Malhotra**  
HR Manager



Working with Coach RP Mishra has been a game-changer. His empathetic approach and deep understanding of stress management have helped me achieve a balanced and fulfilling life.

**Rohan Singh**  
Fitness Instructor





Coach RP Mishra is exceptional at what he does. His insights and strategies for managing stress have not only improved my mental health but also my productivity at work.



**Smt. Aparna Joshi**  
Nutrition Expert



Under the mentorship of Coach RP Mishra, I have learned invaluable skills to navigate stressful situations with ease. His program is a must for anyone looking to enhance their well-being.

**Adhiranjan Sarkar**  
Software Developer

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**CIVIL LINES, PRAYAGRAJ**

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