# MAXWELL
### Centre for Industrial Training & Development
**ISO 9001 : 2015 Certified Organization**

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## CONDUCTS
## ONE DAY TRAINING PROGRAM ON

# MANAGE YOUR TIME, MASTER YOUR STRESS, ENERGISE YOUR LIFE™

**11th June 2025, Wednesday – 9am to 5pm**

**Hotel Courtyard by Marriott, Chennai**

## Introduction

Time is the most precious resource we have. Everyone is increasingly aware of the cost and value of time. Taking the time to analyse how you work can be an extremely valuable time-saver in itself, helping you to make your day more productive and less stressful. Changing lifestyles, technological advances and an intensely competitive business environment have created tremendous tension for everyone. With the fast pace of life in the modern world, we are all feeling burnt out as stress slowly but surely takes its toll. Manage your time and master your stress — and success will follow in every area of life!

## Takeaway

- Achieve higher productivity and satisfaction
- Eliminate time wasters
- Make your meetings more productive
- Achieve mastery over stress
- Learn how to keep your body and mind energised
  Contents
- Diagnose Your Time Utilization
- Decide Priorities
- Delete Time Wasters
- Design Your Meetings To Be More Productive
- De-Stress Yourself
- Develop A Greater Sense Of Well-Being

## Methodology

The session is interactive, participative and experiential.

# Profile of Nikhil Desai

Nikhil Desai is a globally recognized International Motivational TEDx Speaker & Trainer, known for his high-energy delivery, transformative insights and commitment to unlocking human potential. With over three decades of experience, he has inspired more than a quarter million participants across 42 countries—including India, USA, Germany, Sweden, UAE and Singapore—leaving a lasting impact on professionals and organizations alike.

Holding an MBA in Marketing from the USA and having worked in New York, Nikhil combines global perspective with practical experience. He is also a successful entrepreneur, having founded and run eight businesses, which adds real world relevance to his programs. His sessions are rooted in practical wisdom and delivered with passion, clarity and purpose.

Over the years, he has trained executives from more than 2,000 organizations, including global giants such as Abbott, Barclays Bank, Deloitte, GE, IBM, Mahindra, Novartis, PwC, Siemens, Tata Group, Unilever and Wipro. His programs are known for being insightful, interactive and results-oriented—consistently earning top ratings from participants.

Nikhil Desai's motivational sessions are not limited to conventional settings. He has delivered programs in extraordinary environments such as oil platforms and on board the Royal Caribbean Cruise. His recent 25-day USA tour received overwhelming recognition and appreciation.

He has also made a mark as a passionate cricketer, sharing the field with Test and Ranji Trophy players. His talent was recognized by India's former cricket captain, Polly Umrigar, who selected him for Doordarshan's legendary coaching series Cricket With Polly Umrigar.

Nikhil has been featured on TV and radio platforms in India, New York, California, Houston, the Philippines, South Africa and Oman. His work has earned him accolades worldwide, including:

Global Icon in Corporate Motivation

Best Motivational Speaker & Trainer in India

Excellence in Corporate Learning & Development

International Motivational Speaker Par Excellence

Global Excellence in Motivational Speaking (WOW Awards Asia)

He was recently honored with the Big Impact Award for "Global Excellence in Motivational Speaking," presented by Dia Mirza at the iconic Taj Hotel in the presence of Bobby Deol, Amruta Fadnavis and leading business icons.

Through his signature programs, Nikhil Desai empowers individuals and organizations to lead with confidence, communicate with clarity and deliver with excellence.

## TRAINING PROGRAMME FEE:

Rs. 7000 per participant / day + 18% GST

GST: 33AFKPG7543M1Z5

SAC CODE: 999293 (Commercial Training and Coaching Services)

The Fees Covers course Material, grand buffet Veg/ Non veg. Lunch, & refreshment. Cheque / DD drawn in favour of "Maxwell Centre for Industrial Training and Development".

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