



Passionate Reviews - Workshops on "Influencing Self & Others"

Held at Chennai, Bangalore & Hyderabad during August & September 2014



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Dear Uday - It was indeed a journey embarked upon for which certainly felt that it would have been undertaken earlier! However as they say, there is no time better than starting off a noble journey. You had taken self along with participating souls to an epistemological space wherein mind & heart started cohabiting for betterment of soul per se. It was an exhilarating two days which I'd never forget, as it was a mirror filled in with vigorous facets of life: both professional & personal and the perfect balance between the two only make the picturesque Influencer. The takeaways are tremendous: giving it a dress of words will certainly belittle them. Truly Influence and not Title matters where ever one is in the ladder. Wish you a very glorious & satiated future so that you could make as much as possible, such attempts downward filtrating to people who matter and who could make a difference in their own lives as well as religious workplaces where they bow.

Chitta Ranjan Sharma, AGM-Northern Region, M+R Logistics

Dear Uday - I thank you, my Manager (Saravana Sampath) & MHEPL for this extremely impactful learning program & for giving me this once in a lifetime opportunity to experience such a life changing workshop. These 2 days will always remain special for me. I've relearnt or rather rediscovered many special things about myself that I ignored or not paid much attention to. I feel so blessed to be a part of such a wonderful group. I'd like to extend my deepest gratitude to you, Uday. You truly are a wonderful mentor, coach and guru. There is so much to learn. I admire your energy levels and how you kept the entire group engaged. You're very passionate about your work. Being in the same field of training, there is so much as a beginner, I'm so thankful for getting this opportunity to dive deeper inside me to know my strengths, my achievements, some noticed and some unnoticed. I was overwhelmed with the phenomenal activity that was given overnight. When I started there was no stopping with the "River of Life". I couldn't imagine, until when I shared the same with my team members I had so much to share, tears rolling down, I was completely touched with this inner feeling of content and sense of accomplishment and also acknowledging all those who have contributed/impacted my life. I also underestimated myself, but after this it instilled more confidence and made me "Believe in Myself". You've influenced me & helped me realize my potential and built in a positive outlook to see life with a difference. The spark within is rekindled to spread light around me. I'll always cherish the 2 unforgettable days of my life, forever!!

Angelina James, Sr. Executive HR, Manipal Health Enterprises

Uday - I've attended a few workshops in the past, that touch upon various aspects of Leadership, but this was surely truly different in approach and the human angle to it made a deeper impact or influence. Leadership has a lot to do with a person's values and attitude in addition to skills and knowledge and that was brought about very strongly during 2 days of learning and sharing. I was very impressed with your energy and passion for conducting such workshops. I appreciate your thorough involvement and self-internalization of some of the values and qualities that you talked about towards enhancing Leadership and Human values for every aspect of life, be it work, home or any other avenues of life. This workshop leaves you with a lot of goodwill in addition to learning & would bring about a positive change to your life!

Anand Ramachandran, Program Manager IT Services, Butler America India Operations

Dear Uday - CORE MIND's "Influencing Self and Others" workshop is a dynamic experience where we learned skills required by actually experiencing and getting involved in the exercises conducted. You effectively organized interactions to create desired results, focusing on "learning through doing." I had a question that was haunting me before attending, which is "how to engage employees who are investing only time but not their energy and focus at work?" And guess what, I got my answer after attending this workshop. I was trying to find the answer outside, but now I'm wise enough to know that the answer lies within. Only if I believe in what I speak, I will be able to influence my team to do so. I've attended Inspired Passion workshop as well, conducted by Uday. It has been a wonderful learning experience, and I consider Uday as one of my mentors, who have influenced me truly.

Shilpa C, Manager Media Services, Genpact

Dear Uday - I've attended 6 of your workshops on different themes. The more I attend them, the more I fall in love with them. The design & delivery is so powerful that it makes us deep dive in to ourselves, excavate precious stones of revelations from bottom of our hearts. You make us learn, admire, respect & love ourselves more through your workshops. There are two great takeaways. One is the exercise of "River of Life" and other "Thinking from the shoes of the person, with whom I've developed a communication gap in the recent past". These 2 exercises had everlasting effect on me. I realized great truths about myself and people around me. I met the person, with whom I lost communication and made my position clear to that person, which was very well appreciated. The impact of "River of Life" exercise also was when I met a few important people in my life and expressed my gratitude to them for their contributions to my life. This work shop had far reaching impact on me. You've been a towering personality, like a lighthouse of my life, having continuously guided me to right directions at right times. I pray Almighty to give you all that you need to carry on the good work and to lighten up many more lives like me.

Rajaram Kolle, Managing Director, KGC Propertye

Dear Uday - Those 2 days gave me great experience and enjoyed learning. The workshop created a good platform and environment to explore and practice influencing skills. Surprisingly it is continuing in the social network to influence and to get influenced ever. Before I participated, I thought that it would cover few theories and would provide tips. My need was to enhance my influencing skills as it was highlighted in 360 degree feedback. My impression was changed from the first session itself. The river exercise, handling others through empathy and self-assessment helped me to understand & influence self, others and situations. They provoked me to cherish my past, to re-assess my original goals and to think on the people who influenced me and influenced by me & future endeavors. I'm sure that this workshop shapes me. I admire the way you conducted the sessions, follow ups, being core member in the social network to guide us to get influenced and influence others.

Sivakumaran K, Tech Guru, Visteon Technical & Services Center

Dear Uday - I'd not call it a training program, it'd be more pertinent to call it the 'TRANSFORMATION FROM WITHIN'. It was indeed a total melt down of Emotions, a divine discovery of oneself that helped me admire the creator, for the enormous energy he has embedded in me. This energy poured out from me-through the passionate work of you. You're indeed an 'Ideal guru' - the one who walks his talk. You sculpted my soul dear guruji, to discover my potential and hence help others discover theirs. The process of discerning & transferring the energy - the process of getting influenced in order to influence. You've certainly influenced me and helped me move ahead and look at life in a much positive framework, definitely with special goggles. It was an opportunity of my life time to be part of the process of 'Influencing'. Indeed I'm influenced and into process of influencing. Uday - I bow down to pray to almighty that he may fill you & your family with all his choicest blessings & empower you more and more through your body & soul to 'Transform and Influence' many more lives.

Mary Elizabeth A, Nurse Educator, Manipal Hospital

Dear Uday - I thank my management for making me part of this great program. The Workshop was awesome. The way workshop started by your energetic speech & involving every team member was excellent. I used to review each & every performance of team with logic only, never blended with emotions. After implementing logic with emotions & the powerful influencing model, the whole approach has changed. I'd like the emphasis about more about understanding Subtext, which is amazing & powerful. Apart from the contents the way of your involvement, engaging entire spectrum of people is excellent. The selection of exercises like magic way & river exercise were very intense & I really enjoyed. I'd like to thank from my bottom of heart & acknowledge that now I'm able to balance between my Professional & personal lives. The biggest take away is the lamp of positive energy! Wish you all the best & continue the journey of Influencing self & others!"

Vijay Kumar S, Regional Manager - Customer Service, Toyota Kirloskar Motors

Dear Uday - It was one of the most engaging workshops I've attended till date. I was totally engrossed in the workshop from the word go to the end. The small group sharing the one with being in the role of someone else was intense in our group. I could observe roles being played by each one of us and there was lots of learning for me in terms of managing my adult child. When you asked us to volunteer to share and then asked us to talk about values of the speaker, it was practicing "subtext" and "appreciating others". The river of life had the most impact on me. An opportunity to express in free flow drawing and use of colors opened up certain channels within me. It's a form of expression I've not explored and hence could feel the difference using the medium. Narrating my life story to a group of involved listeners also helped diving deep into myself. I thoroughly enjoyed your flow with all the quotes and anecdotes that I find very relevant to the subjects discussed and made it easy to understand. Your signature style of inviting everyone & giving them an opportunity to speak to the large group, helped me experience every participant even if I missed meeting them otherwise. It still amazes me how a 2 day workshop can create such a strong bonding considering that all of us come from diverse backgrounds. I'd credit it to the way of conducting the workshop as well as the content of the workshop which created the magic. In the end I would say the workshop has greatly influenced me and helped me learn to influence myself and others. Thank you for the workshop and may you help many others to influence self and others!

Madhujit Singh, Independent Consultant

Dear Uday - The Workshop was Mesmerizing for me! Right from my 'momentous entry', I was overwhelmingly influenced by you as a Trainer!!! You made me come into my true self, without wasting any time. Your style encouraged me to attempt to extract more than 100% out of the Workshop! It is rare for an individual to so easily break the generation gap with Gen Y in today's times! However, the workshop gave me an opportunity to share, feel, and in some manner even help each other, with both young (those in 20s) and older (55 plus), discuss ones' enigmas without inhibitions and even eager to try and resolve others' dilemmas! The Pseudo Persona was virtually thrown away by most of us. Personally, to me, it was an opportunity to address the question: To BE or Not to Be Myself! The workshop reinforced my Beliefs and to move even more strongly, in the direction of Being Myself for the rest of my Life to Live a more enriched Life and Realize the Most out of Life! The River of Life was a very worthwhile Exploration into Life's Memorable Pearls and Pebbles! Looking forward to continue to be Influenced by your Valuable Guidance in Future as well!

Vinod Kumart, President, Udaipur Chamber of Commerce

Dear Uday - The 2 day mesmerizing workshop has benefitted me greatly both in my personal and professional life. What an immense pleasure to be part of such a wonderful workshop, which in a span of two days, 39 participants made a significant impact on everyone's life including myself. This workshop helped to change way to perceive things differently and act differently. The different models, presentations and group exercises were very enlightening. I've already started working & trust me, it's really helping me to connect people and problems from different perspective and understand them much better than earlier. I'm really amazed by the kind of contribution you are making to society through these workshops and feel fortunate to be part of such an influencing workshop. Looking very forward to working with you in future. I've been greatly enriched by your inputs, expertise and knowledge. Thank you for everything. Happy influencing!

Vandana KV, Assistant Manager - HR, ITC

Dear Mr. Uday - I am deeply touched by the grounded nature you carry in spite of all the knowledge you've acquired and are distributing to all who are thirsty and needy. I accepted in front of everyone when I was awarded the book as a gift, I said about getting 2 steps closer to myself. While I accept now that the journey is continuing even beyond those 2 days. I've have been trying to explore my positives and also have been learning to deal with my areas of developments. I personally practice 3 basic principles with teams that I work with and work for, openness to learning, transparency and regular feedback. The workshop has worked wonders for me in terms of taking the 3rd principle of regular feedback to much higher levels. The tools used in the workshop had such an inspirational effect that I've used the river exercise with one of my store teams. The results were not surprising for me but they surely were for the team. They had never felt such togetherness and light hearted before. The learning will help me in my

new role that I've just moved into. You'll surely enlighten lot many souls in your journey, maybe we'll cross paths again very soon. You are a great human being & I mean it!

Pavan Ramadasi, Area Manager AP, Lifestyle International

Hello Uday - Initially I had my own doubts about the training and was not sure about how I would spend 2 days of the training. I met wonderful people and learnt something or the other from every participant in the session. My favorite part was the "River" session. While completing the activity, I thought of all people who played a crucial role in my life. I realized the common faces in my life who were with me during good and bad times & that was an eye-opener! A BIG THANK YOU for that! Over all it was really 'Inspiring' 2 days of my life with a bunch of wonderful people and you made sure that everybody connects in the group. I'll always remember these two days, your enthusiasm and the wonderful people I met during the session.

Vaishnavi Santhanakrishna, L & D Co-ordinator, Amazon

Dear Uday - The program gave me some breakthroughs in two aspects. Influencing people around is important even if we are not willing to focus on this in our professional or social life. Every individual radiates influence, but it is a function of perseverance and proper presence. You influenced me because of your passion and commitment.

Arun Ramakrishnan, GM Production, AVT Natural Products

Dear Uday - It was two great days of INFLUENCE in my life when I saw, shook hands, shared, heard and was cared, by people whom I've never met. I was fascinated by way you conducted the whole workshop, energy and enthusiasm of some of the participants. Thank you very much, to make me think and share about the greatest achievement in life and the people who supported me for the same. Truly speaking, I had never thought about this after it happened. It was even thrilling to hear about co-participants' achievements. The sharing and listening to other participants, was also a great experience, as by the time you had set our heart and soul to be shared and cared by each other. I came to Chennai with one bag in my hand and returned with lot of bags in my heart. A bag of courage, a bag of trust, a bag of understanding, a bag of sharing, a bag of listening, a bag of achievements, a bag of different challenges, a bag of empathy and a bag full of friends.

Honey Charles, Senior Executive, AVT Natural Products

Dear Uday - It was really unforgettable 2 days learning sessions in which I learnt a lot about Art of Influence. Carried few memories and learning experiences about Self Awareness, Self - Management, Power of Listening, Develop Trust, Appreciate and Care for the Feedback, Respect for Seniors, Peers & Juniors. Learnt how to develop & build good association at home/office/society. "Mentoring is to support and encourage people to manage their own learning in order that they may maximize their potential, develop their skills, improve their performance and become the person they want to be".

Ramesh S, Branch Manager-East, Fresh & Honest Cafe

Dear Uday - It was great to attend the program. The content with so many exercises to find out where we are, to find out how others influenced us & how we influence others, left lots of happy memories has gone into our minds & hearts. The energy levels of our favorite trainer Uday, his mannerisms, the way he conducts, voice modulations, sense of humor can be cherished for a long time. I've never experienced such a powerful impact thro' any of my previous trainings before I came to Uday's Inspired Passion last year. I hope I will get an opportunity to come to all his future training. I hope more people from Apollo will attend Uday's programs in future & spread the image of the company.

Kuberan S S, Team Leader-TBR Manufacturing, Apollo Tyres

Dear Uday - I had privilege of attending the workshop "Influencing Self & Others". Though in my career, I've attended so many training programs/workshops, this program on Influencing is quite unique, including co-participants, who were from diverse background. I thoroughly enjoyed the program and learnt the art of influencing. My coach, Uday comes with rich experience in conducting various training programs who ensured that all participants open their minds, share experiences & influence one another. Throughout the program, I never felt bored. He gave an opportunity to every participant to learn and apply the art of "influencing and being influenced". He encouraged participants to develop social bonding. Kudos to his

coaching and leadership skills! I hope I'd attend another training program conducted by you.

Murali Kiran A, Manager, PayPal

Hi Uday - Thanks for the energizing and electrifying 2 days of workshop. I really benefited & I'm trying to implement the learning in my day to day life. It was just not about work, but it was about discipline in life. I met a lot of good and humble people from diverse industries. I also got a real good network as a WhatsApp group from this workshop which influences me every day. Appreciate your efforts Uday!! You really are a man with full of energy and positivity. Also do not forget to invite me to other sessions. I am sure my organization would be happy to send me else I would be happy to join personally too...

Linu Varghese, Manager, PayPal

Dear Uday - It was a pleasure going through the workshop. The energy you showed itself was of great influence. I'll have to also show such zeal and energy in the workspace such that it will rub off on my colleagues. This would make the work place lively which can lead to a lesser stressed work atmosphere. There was also some great learning which I've definitely carried back and would like to impart to others. Connecting with others with empathy is something which I'd look forward to implement. I'm sure this will go a long way to win the trust and faith of my co-workers and society as a whole. Living through Birth to Present was an experience I would like to thank you for leading me through. A reflection of the past in this bustling life is something we forget to think about is absolutely required as a beacon for our future.

Premkumar M, Head Engineering, DISA

Dear Uday - I thank you from bottom of my heart for the wonderful two days you gifted me. Frankly speaking it was an eye opener for me. The way you helped us to interact with others & brain storming sessions were really great. I've have never experienced such intense way of understanding people. We heard from people as to how they have come up and what they did in critical situations. This really influenced me to think and start doing things differently. The best part I felt was the concept of influencing up, across and down. I've only heard people talking about influencing one's subordinates, but it is equally or more important to influence your seniors and peers. The group discussions really helped me to understand how people influence, and I could take away lot of positive ideas which is helping me in my daily affairs. After the program, I spoke to my father for almost an hour and I conveyed my gratitude and respect to him as he is one person who has influenced me the most. I've really started to believe - if you want to influence others first you should influence self, to influence others with a determination to do so. Thanks for putting forward such a complex thing to understand and believe in a very simple way.

Sudish Rajagopal, Branch Manager, Flyjac Logistics

Dear Uday - It was my great pleasure to attend the workshop on Influencing self and others. As you said I was the youngest in the group but was overwhelmed to experience passion, enthusiasm of seniors who would like to learn and improve upon each point of their lives. The workshop was an eye opener for me to validate my positives and negatives. All the interactive sessions helped me really well to come out of the shell and speak. It also helped me to think in a better way as I could make out how we can make different views on the same topic. Your presentations were outstanding and really communicated with participants. The first day itself I understood the need for influencing people and in an hour or two I could really make an impact in the different group which I was part of. Your influencing personality and speech made me to take the extra effort. I got a pool of good friends because of this workshop. All Thanks to You. All the very best for all your new concepts and ventures! Happy Influencing!

Sajish V S, Sr Business Associate - Sales, Kancor Ingredients

Dear Uday - The co-participants were a great influence along with you. Each session brought me into what I really am...human being capable reaching out to fellow human beings spontaneously. The river or re-wind exercise gave an insight to be grateful to all people who have somehow influenced me to be what and where I'm today. Every time, I see you or speak to you it gives me an immense happiness for the one special attribute of yours "PASSION". Let me try to continue to be in your future programs as well.

Ravichandran S R, General Manager, Parekhplast

Dear Uday - Thanks for 2 days of interactive sessions. It was a wonderful experience. Undoubtedly we've benefited tremendously from inputs and quality interactions with a group of co-participants from diverse corporate houses. The 2 days were very memorable, dynamic and there was lot of positive energy all around. Your delivery of the course and time management was commendable and looking forward to many more similar courses in future. Thank you once again and wish you all the best and eagerly awaiting the publication of your first book.

Geo George Emmatty, Terminal Operations Manager, GMR

Dear Uday - I appreciate your energy & pitch of your tone, with which you did the workshop. That was awesome! The way sessions were organized was nice wherein we get to know & learn from everyone who attended the workshop. Continue doing this as it enabled everyone influence everyone! Key takeaways for me are : Connect at personal level with colleagues to be able to influence them. Maintain personal relations and not just professional relations. Always be empathetic to other's feelings. Use powerful questions to enable them in finding the solution for themselves.

Age/Experience/Profession/Field/Gender/Relations don't matter. Anybody can influence anyone! It depends on how one sees/understands people around.

Ramana K V, General Engineering Manager, Progress Software

Dear Uday - Influence of your program on me, through you & co-participants, was immensely helpful. Interactive participation of this program ensured to bring out my limitations and strengths. It was trigger for me to address the same thereby I could proceed towards program's objective of influencing myself. Having initiated process of influencing myself, simultaneously it made me more sensitive to my co-workers, by appreciating and listening to them, as a primary step of influencing them. All this is possible at outset by your delivery of effective communication and design of program, in laying stress on interaction with you and as well among co-participants. Overall, it was very good learning session, benefits of which, will be observed, by me, my coworkers & my employer.

Preeti Joshi, Associate Executive, Polaris Financial Technology

Dear Uday - Many thanks to Almighty to show, a mentor like you, in my life. I'm still traveling with your revelations and inputs passionately with my feelings, thoughts, words and deeds. I cherish your facilitation style that influences me a lot. The first half day was full of curiosity to me like a first time experience in a flight journey, and then the second day was like a takeoff and still flying above 3000 to 5000 feet tall. Thank you very much. The whole experience made me unlearn and relearn new concepts with new situations that you created to discuss about our achievements, challenges etc.

Thilaga C, Asst. Professor, MHRM, D.G.Vaishnav College

Dear Uday - I'm always excited about attending your workshops because I'm assured of learning & meeting others who are passionate about learning & development. Managers instruct, Leaders influence! I wanted to become a better influencer. I found sessions very useful in understanding the influencing model of what steps one should be aware of while influencing others. The river exercise was powerful in helping us reflect on our life journey & be thankful for blessings received in our life. The learning from fellow participants in the workshop was inspirational in overcoming obstacles. I admire Uday's facilitation style which is free flowing & engages everyone. A wonderful program which definitely makes an impact in your life with insights to reflect & become an impactful influencer!

Prashant Sree, Assistant Manager HR, Bank of America

Dear Uday - 'Transformational Influencing of Self & Others' was truly a stimulating & humbling journey. In a fast paced humdrum life we tend to take things for granted most times. Either we underestimate or have grandiose notions of ourselves. Exercises & teaching methodology were undoubtedly a self - revelation! Dusting all cobwebs in my head, it was a ride of the past, present & in a way the future! Besides enormous takeaways it was a lot of 'leave behinds' most importantly ego & selfishness. Workshop was realistic & approach was so right & bright.

Badrunissa M, General Manager, Alfa Engineers

Dear Uday - All these days I was under the impression, that my 'influencing skills' required little or no improvement, but thanks to my team for nominating me and Uday, it was an eye opener. At least now, I know where I stand and a platform thus created to be more influential

and create positive impact on self and others with whom I share this beautiful life. If not anything else, in these two days of self-search, I am a better person, heart and mind alike. I'll recommend this program to my colleagues, especially for people whose work, demand interaction/depend a lot on cross functional peers. Thank you Uday."

Karthikeyan MR, Manager Retail, Vodafone, TN Circle

Dear Uday - The workshop has personally helped me take a pause & look back at how much time I'm spending on myself...to reflect in order to understand myself better & shape up my priorities. I realise this discipline has been missing a lot, of late. The workshop helped instill this discipline in me once again. Another realisation is from a relationship standpoint, to relook at genuine time spent with individuals during an interaction! It gave us an opportunity to interact with people from different walks of life despite coming from different backgrounds, working in different sectors & also people across different ages/stages of life. I was surprised to realise how likeminded we all were! Though our interactions were limited to 2 days, many of us became emotionally close. I'm really happy to have made some very good friends! Thank you for facilitating this entire process, helping each of us individually & also bringing about this synergy. Also admire your sincerity & commitment in keeping our group's interactions alive.

Shreeniwas Sathish, Manager Retail, Vodafone, TN Circle

Dear Uday - When I was nominated for this workshop by HR Team, I was reluctant since I had a busy week. Though I succeeded in convincing my immediate boss, our Unit head was adamant that I should attend the session. I must confess that it was very good 2 days of my life. I'm still fascinated by the passion and enthusiasm that you possess, which was the driving force. Through simple and participative group activities you made us understand art of Influencing self & others. There was a lot of genuine caring and sharing among the group which reflected throughout the session and still continuing through WhatsApp. I feel happy and lucky to have got so many positive people (including you) in my life. The first thing I did, after attending the session was to send a thanks message to Unit Head for nominating me. I'm trying in my own small ways to practice some of the learning in my professional and personal life. I was able to get the support & active participation of my colleagues in many initiatives in the company. "Leadership without title" was a major take away for me from this program. Learning is a continuous process. I've made a very significant step in this journey by attending your session. Thank you!! Looking forward to associate with you in future...

Lekshmi PL, Team Leader - Commercial, Apollo Tyres

Dear Uday - The 2 days were very special for me. I learnt that, how much ever I think that I know everything about myself, I discovered many things about myself from others. The river exercise is a phenomenal exercise wherein I remembered all contributors in my life. It was a quite touching 3 hours when I drew river chart. This exercise is also important keeping in view that generally when we go up the ladder, we forget the ladder we used or we may forget the initial struggle we had in our career and we may not understand the problem of others. This exercise once again reminded our days of struggle, which was an eye opener in understanding others. I thank all & my Management for giving me an opportunity to experience this.

Srinivas Rai P, Assistant Manager HR, ITC

Dear Uday - Workshop on Influencing Self and Others is required for Managers, Team leads to enhance leadership skills. Workshop being unique which helps us to reflect ourselves and makes us confident as we start influencing ourselves, hence influencing others becomes easier. Activities planned in the workshop were unique and rare which helps us to reflect on our abilities and helps us to influence ourselves first.

Rajeshwari H, Sr. Manager - Customer Service, Vodafone, Karnataka Circle

Dear Uday - Thank you for making me part of this great program. It changed my perspective on power of observation, how to lead better, understanding what is not being said and more importantly when I reflect & I feel in some situations. After attending your program, I feel the intention was probably more positive. This program will definitely go a long way in helping me manage the environment whether at office or anywhere in a much better &

objective manner.

Kush Bhargava, Management Consultant

Dear Uday - I sincerely thank you for yet another great piece of work from your end. I thoroughly enjoyed both days filled with lots of learning and sharpening few existing skills. The group activities were simple yet powerful to meet the intent of the workshop. All the best for your future sessions on this theme!

Akbar Ali, Functional/Technical Training, Ford Business Services

Dear Uday - Having experienced the Inspired Passion workshop, Influence of Self and Others was not a surprise. I walked in with so much of comfort despite of the fact I only knew a few. Somehow I didn't feel like I was into a new environment. Sessions were brilliant. I was amazed to note that there is so much in being Influenced and being Influence-able. During the 2 days you made me feel very worthy of myself. Especially the river exercise and self - realization exercises were exceptionally superb. As always I had a hidden agenda while attending your session that's copying your training styles. You are an amazing and superb trainer!

Gayathri Rajagopalan, Supervisor, Ford Business Services

Dear Uday - I'm proud of having had such an opportunity to be your scholar. My hearty thanks to you and my organization. Entire 2 days program was very live and full of positive and humorous atmosphere. I'm very impressed with your energy levels, voice modulation and way you perceive information about participants from different organizations. It was more of interactive sessions with chances to meet every participant. With individual exercises and lot of sharing and understanding from co-participants, we bonded together and journey continues.

Ezhumalai R, Team Leader, Saint Gobain

Dear Uday - I feel confident and internally happy for the past few days. The interaction amongst the variety of people, gave me a new experiences. I've even shared about my feelings which I've not divulged to anyone and relieved me. I could cherish my past life & all happiest moments. Thanks for being inspirational, let the learning continue.

Yuvaraja T, Team Leader, Saint Gobain

Dear Uday - Your workshop was one of the best I've ever attended & the way you took us through the workshop was amazing. I greatly admire the way you conducted the workshop with tremendous zeal and energy. Best part of the workshop was the way you facilitated us to interact with everyone in the session and get connected to them as if we've known each other for a longer period. The one take away is one needn't be a leader to influence others. Our team is well connected now through WhatsApp and I'm greatly influenced every day for which I owe you and our team very much. My heartfelt gratitude to you for all this!

Esther Mariaselvam, Regional Manager, Action Aid

Dear Uday - It was really an unforgettable workshop first of its kind in my Professional career. In fact it was totally different to me to "Hear, Learn & Apply" the Art of Influencing which has become a part of my life now. Most important is I am seeing a difference in my working style now. River of Life was really a good exercise of looking back. As promised in the forum I'm trying to let go my "EGO" at least in my professional career for better benefits of business and finding the difference the way I'm approached by my colleagues, peers and subordinates. I thank my management for the opportunity given to meet a Mentor like you. Waiting for more opportunities for such workshops in future!

Rajesh Kumar P B, Assistant General Manager, Carborundum Universal

Dear Uday - It was a great workshop, very interesting and useful. I just want to stress the very high level of satisfaction I obtained from this workshop. You involved the whole group so that at the end of the course I worked with everyone in the group. This is the first time I really felt training was made for me. I'll implement the learning in my routine at work.

Veeravel S, AGM Product Development, Tube Investments of India

Hi Uday - I really enjoyed the workshop. I liked your way of engaging audience, the group exercises we had, follow up reflections and most importantly the way in which you deliberate each and every individual

to involve and participate in the process of learning. I'm sure many more people will get benefit out of your workshops.

Madhukar Bhat, Head Talent Acquisition & Business, TE Connectivity

Dear Uday - I whole heartedly share my takeaways & feedback. Time Management (Time for Every Event was managed perfectly). Valuing others (Practically you & your team valued self. I'm really amazed). River Exercise - Took me to a different world which I've never felt so far (Influencing myself). River Exercise - Thinking about others' contribution (All contributors for my development Influenced me). If we connect emotionally others and value them, definitely we can influence self & others.

Mohamed Sadiq J, Manager, Alstom

Dear Uday - The way you took us to the final destination was simply superb. The structure of the program designed in such way that everyone was benefitted. The exercises were very fresh and really enjoyable and gave new thoughts towards influencing. After the program, I've improved lot in self-influencing by giving up the ego and clear other screens which prevented to do so. I've reached 60% level. Started influencing people with whom I've failed before. I shared the experiences about the program to my HR Manager, Mr. Sampath and recommended him to send more colleagues.

Nagarajan U, Plant Head, Pricol

Hi Uday - The things which really impressed me are: PRES Model - The activities that we did especially. Enact yourself as a difficult stakeholder whom you are not able to manage. In Corporate world the word Empathy is very common but the actual meaning of Empathy was described & felt when we ourselves played that role of a difficult stakeholder. River of Life, was an amazing exercise. Giving a break to ourselves for few moments & see our roller coaster drive of our life. In this rewind exercise of our Life Journey, remembering key people/Influencers in our life was an amazing process, as we tend to forget to thank or might not remember these people/Influencers in our busy life. You can be rest assured that people who were trained will advocate others for sure to attend this workshop in future.

Sunil Robert, Manager Customer Care, Scope

Dear Uday - It was an immense pleasure participating at your workshop & made us think deeper about ourselves and how each and every one of them is capable of influencing self as well as others. There was a lot of learning from you and the fellow participants. Every activity at the workshop was meaningful & made me realise a lot. Your energy is something that gets the crowd energised and that has to be appreciated. The learning from workshop can be implemented in our daily lives & one will definitely see a change. Keep your good work, going!

Vignesh Soundararajan, Manager Operations, Suguna Foods

Dear Uday - The Workshop had multidimensional effects on me personally. I've learned to respect every tiny help which I get from my family, colleagues, friends, at home and at office. I knew the importance of team work but was never walking that path. Today, I'm trying to change the way I look at problems and try and take my people along with me. I've started giving more time to family. I continue to think about all the sessions we had and I know a far better me, can be achieved through persistence. Thanks a ton!

Siddhartha Subhash Joglekar, Sr. Manager, Synergy Cargo Management

Dear Uday - It was indeed a lifetime opportunity for me to be part of this wonderful workshop. It's the first time I attended a non-technical workshop. The way you express yourself in conveying the ideas is truly remarkable and I'd love to have your energy level. I loved the "River exercise" the most. It was a revelation. I was able to instantly develop my Leadership Credo. You made me introspect deeply to discover qualities of a leader. I'll definitely recommend this program to my friends and colleagues

Gavin Reddy P, Team Leader - Safety, Apollo Tyres

Dear Uday - The program was highly interactive, with experiential learning and role plays!! Developing influence is the ability to get people to say "Yes". Influence starts with self because we must first influence ourselves before we can influence others. We must then consider who we wish to influence, boss, peers, employees, customers. I was really impressed with all the exercises. Finally I remember all values of persons supported us during my life journey &

achievements, ups & downs that I faced in my life.

Jadar G B, AGM Materials, DISA

Dear Uday - It was a pleasure attending your 4th program, on different themes. My memories of attending your first program way back in the year 1999, is still fresh. The group was very interesting and everyone was in their best of the learning time. Personally I've learned and experienced how important to influence self and become a role model for others to get influenced. Thanks a lot for the never ending energy level and engagement spirits with each and every one during the work shop that you displayed, which was amazing.

Chetan V, Manager Cargo, Blue Dart Aviation

Dear Uday - Before attending the training "Influencing" means negative terminology for me. For e.g. in our culture we normally use to say. I believe you had been influenced by him". With all these thoughts I knew what I'm good at, hence I went into operations just because I'm not good in influencing people, but this learning brought a 180 degree change in me that "a leader must have Influence". I came to know that I need to influence people as a leader and to grow in the top heavy ladder. I'll use the learning for the rest of my life. I believe that for learning there is no age and what is learnt is a drop in the ocean. Thanks again for sharing your thoughts. Wish you very all the best

Parthiban S, Manager Cargo, Blue Dart Aviation

Dear Uday - There is no value for two days, as they are equivalent to two decades. We invested 2 days for making an enthusiastic and stress free life. I learned many things. Before workshop no connectivity to my past, present and future but after attending the workshop, you connected with the help of different types of activity base learning, like Past- River Map, Present- Being Present, Future - wonderful gift book. I learnt that we should give space for family, friends and others part of my life. Lastly thanks for helping me to "MEET MYSELF"

Sunil Mishra, Asst Professor, Charak Institute of Pharmacy

Hello Uday - I had a lot to share with you after the two workshops of yours that I attended in Hyderabad. Let me go step by step. The workshop on Inspired Passion held in Mar '14, was an ice breaker for me since I had never had the idea how to handle such large groups and you did it so well. It gave a boost to my ideas and the lovely brainstorming sessions took me to another step of training - in fact to a higher level of thinking and doing things. Hats off to you! I've learnt a lot from you, patience, kindness, intonations while speaking, the blast of energy and so much more! Thanks for the priceless lessons you taught me, Uday.

Seema Mishra, Corporate Trainer & Consultant, SM Finishing School

Dear Uday - Thanks for the opportunity given and I deem deep sense of gratitude to you & your team for having gifted 2 days. It has been touching experience when I figured out river of life. I was rejuvenated to face the challenge with boldness. I'm sure & confident that I'll overcome them soon in life. Thanks to all my friends who added extra essence to the program. I'd keep praying & wishing you all the best.

Komala J, HR Consultant

The Program opened closed doors in our minds. It's an excellent Program for all who wish to Influence self & others. This Program helped me to know things in different perspectives. I'd certainly recommend this for others who want to Influence and be Influenced! Uday has been successful in transforming people through his Program.

Srinivasen T A, Senior General Manager Corporate Legal, Dalmia Cement

Dear Uday - The entire learning group had a good time in learning, especially me had a chance to mix with people of different characters, culture and experience. As a HR person I've always spent maximum time for others' lives & career and very little for self. Those 2 days I spent time for myself. During team activities with different groups I understood every learner's life paths they travelled. Every team activity is unique in nature and a special one is "River Map" where we had a chance to remember the path and people we have travelled, learned and guided. I've found my learning on Influencing self and said to myself that I should make this learning a continuous process. Big thanks for making me understand where I'm now and where I've to be! It has given me confidence.

Srirangan V, Executive - Operational HR, Sakthi Finance

Dear Uday - The program gave me a good exposure through people from culture and experience. You created platform to everyone to explore inner feelings & discover skills which are not utilized, in our personal and official life where we stand & where we've to scale up to achieve goals.

Parameswaran A, Deputy Manager - HR, Sakthi Finance Financial Services

Dear Uday - I just want to tell you once again that you are very kind, genuine, and highly skilled 'Trainer'! How gently you had covered up the most important aspects of human life, without stressing learners' learning. It was a river of your kindness to share and highlight about the each one's qualities with the most powerful expressions of words and emotions in the group. I was amazed to see such a power and ability to use the positive narrations of people. The workshop empowered participants with reflections, understanding and teamwork which are helpful in personal, social and professional life. It gave me a new energy and inspiration by observing and experiencing you as mentor and facilitator. Also my appreciation to our team, with each one I've learnt something special! Thanks a lot for such motivational experience!

Meena Kant, Principal, Akash International School

Hello Uday - Wish you fantastic time, inspiring every soul who cross path with CORE MIND. I'm extremely delighted to say that Workshop was a turning point in my Life. You've opened my Life to meet myself on Life Values like "being present" and its Importance. Before this program, I was physically and mentally doing things which didn't interest me, where there seemed a gap in the involvement of heart and soul. I didn't notice there is always something right in something not working for you which you can always turn it around by "reaching out" and through expressiveness (as words & voice make all the difference in conveying my thoughts clearly) and "self-knowing" reading other person's subtext (values, sentiments, emotions) knowing the unsaid, you Influence self & others. Time management is something which inspired me every much how Uday took right from the start. Trust factor and credibility automatically improves process, where capable person produces wonderful desired results. "River of Life" gives you the nostalgia to thank all who made your life for what you're today & kept the "river of life" flowing.

Vijaya M, Program Manager, TCS

Uday - I'm really thankful. You really brought a change in me. Thanks from depth of my heart!

Mukesh Bansal, Joint Secretary, Mohali Industries Association

Dear Uday - I take this opportunity to thank Krishna Sir for nominating me for the workshop. It was a great experience attending the workshop with various professionals in different positions from across India. Influence will play a major role in everybody's life. All the great leaders were influenced by someone at some point of time. I learned that the ability to impact and influence others is often the number one competency in helping, service, managerial and leadership roles. With the help of interactive exercises, I learned about expressiveness, listening to others and acknowledging, value of time etc.

Chandra Prakash, Team Leader, Learnpedia Edutech

Dear Uday - Core Mind's "Influencing Self and Others" is one of the best experiences I've had. I had a lot of preconceived notions about the training and thought it will be like every other program I attended in the past. I was wrong. The program was not just PPT based but lot of experiential learning. Best part was that it was not directly linked to corporate life but more focused on self, which we could relate to personal and professional life & learned a lot about others. Uday, is a wonderful orator, guide and influencer and I am sure the program would not have been as effective as it is if not for him. I look forward to other trainings/workshops from CORE MIND and best of luck to you. Keep influencing!

Sachin Mittal, Human Resources, Amazon

I found the two days an interesting experience in terms of meeting people from diverse work groups. It is not often we get such an opportunity.

Manasa Pamaraju, HRBP, Amazon

Dear Uday - I appreciate of getting a thought of this Workshop and good planning. It was really quite interesting throughout the 2 days we spent and understood the different approaches of

individuals/professionals about Influencing Self & Others.

Samudrala Rao P, Head Corporate Affairs (HR & Admin), Ecomnets Technologies

Dear Uday - The developing influence program is highly interactive with experiential learning. I really enjoyed & I've have started following & practicing. The 2 days are very important for me & what I've have learnt from you is very useful. I thank all of you and my management for giving me an opportunity to experience this.

Saravanan S, Manager Production, Sundaram Fasteners

Dear Uday - The workshop had very much impact on me. I learnt lot of things from all members of the group and you. The River exercise touched me and my emotions the whole life from birth till date was like watching a movie! I was able to understand me through others eyes. I enjoyed the 2 days with all of you!

Hemant Jain, Secretary, UCCI

Dear Uday - It was indeed pleasure to be as a participant at your workshop. Facilitator: The knowledge, energy, enthusiasm, articulation skills were outstanding. One of the best facilitators who have ability to awaken every participant & participate. Methodology: Credibility index, 360 degree leader etc, were very useful. The 2 days event was very much live & energetic.

Sunil Kumar Shishila, Assistant Manager HR, ITC

Hi Uday - "Two days were fun, I enjoyed a lot. For a lot of people it was a stress buster and I hope it could be done at a much bigger platform."

Vivek Taparia, Manager - Software Engineering, Progress Software