

Rave Reviews Workshops on “Influencing Self & Others” Held at Chennai, Bangalore & Hyderabad during Jun & Jul 2015



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Dear Uday - It has been a privilege attending yet another workshop facilitated by you. This topic was of significance for me as an HR professional as I've encountered immense opportunities to influence people is my work domain. I've practiced influencing on a regular basis at work & have seen profound changes in people who have accepted my point of view in the right spirit & openness. I've particularly noted this change in some of my team mates who would constantly seek my advice on various aspects concerning them. Your workshop showcased the true value attached to influencing others which I did not recognize till now. It has made me realize the essence of influencing from a theoretical standpoint & the right way of doing it which is bound to have transformational effects. It was personally a humbling experience which made me feel grounded & more sensitive towards people. Enjoyed every moment of the workshop & made some new friends too! Thanks Uday, yet again!

Jaljith N, Senior Manager - HR, UST Global

Dear Uday - Following are my takeaways: [a] A widened understanding of the idea of influence & the reiterating of the fact that true influencing begins from work with the self, [b] The criticality of understanding the subtext while engaging with others - looking beyond mere words & gestures, [c] The need to balance the intra personal & inter personal - looking within, without becoming inward & using that insight to inform & engage with others, [d] The importance of effective & sensitive communication in the workplace and [e] The value & relevance of mentoring, in personal & professional lives.

Sreya Majumdar, Sr. Manager - Programme, IGSSS

Dear Uday - First and foremost thank you for being the person you are. If I were to keep aside the workshop and that being your profession aside for a moment - that unique quality in you that ignites positivity in the other person and helps the other person realize their true worth is simply admirable! This profession and these workshops I feel are just a medium in this noble mission of yours. You showed the direction and made the path appear simple because at the same time you have instilled a confidence in others, a confidence in themselves and the abilities and qualities they possess but have somewhere forgotten to appreciate them for possessing these. My sincere prayers to the Almighty that may he continues to bestow you with health strength and the enthusiasm to continue relentlessly in this noble mission. Coming to myself, I am by nature an introvert, these 2 days gave me a lot of time to introspect and think about myself. When we did the River of Life exercise, it was not only about thinking about people who influenced you but also acknowledging their contributions. It was saying thank you to all those for had it not been for them, we would not have been where we are today. In the routine of our lives we forget to do this or we take it for granted saying we shall we shall. What changed me was .. why can't I use security within myself, to influence others to feel secured, that they have it in them to accomplish their dreams and aspirations. I'm going to work on this. My family, my team mates my peers should feel this despite adversities and challenges and I'm going to work on giving them the space and nurturing their strengths to do so.

Preeti Majumdar, Head Finance & Admin, IGSSS

Dear Uday - More than a Training Program your 2 day workshop was a Platform to "look at Self from Within". Leadership has to do lot more with a person's values and attitude the softer aspects of business. This does not mean to say that skills & knowledge the rational part of business is less important. But many a times we give more focus on the latter than former and Programs like yours truly make us acquire these skills and help us excel as leaders for problem solving, delegating, motivating & team building. My key take away from your workshop is that we should internalize the concepts taught and apply both in our work situations and personal life to build our personalities and emerge as a True "Leader" with or without Tittle. Uday, you've really "Influenced" me and helped me to look at things from people point of view rather than looking at mere numbers and logic.

Suresh Kumar M J, Chief Operating Officer, Logistics Skill Council

Dear Uday - It has been really great 2 days with different sets of people in terms of professions, age & background. When we were in a group to discuss about struggles everyone went through in their lives, it was eye opening session for me. That's the real life which I was totally unaware about. When other participants shared their struggles with a smile on their lips & water in their eyes, it was very clear that what they've gone through wasn't easy. I tried myself to mirror with their experiences. I hope I also show same level of strength/ patience/ courage in case I am put up in these situations. On the second day, I

realized that how much immense power each one of us have. There was a flow of positive energy in the room because of the connection which we had built with each other in such a short span of time. It was actually not only the connection it was more about, I salute you for what you've faced so courageously & I can understand the pain you had gone through. In fact everyone shared openly about their past as they say it's easy to share with strangers rather than friends as you don't have to worry about you relation & their judgment. We need to feel good about ourselves & cherish whatever we have more or less...!

Anjali Gupta, Manager Recruitment, Daimler

Dear Uday - Cheers first of all for a very successful round up of the workshop! To be very frank, I understood difference between assumption & reality. I assumed lot of things to be reality before coming to this work shop, whereas to my great surprise it wasn't true. When I started to hear about the experiences of others, I could easily evaluate me as to where I currently stand & as to where and what should I focus on to reach a certain level. Group sessions were the best and it made a great bond between us where all of us realized that in a very short span of time. These activities made people open up not only to speak the true events in their life, but also it made them true assessors and influencers on how to handle difficult situations. The way the program was structured was really good. I appreciate the way you handled the entire crowd. Your voice and delivery of speech is the greatest gift you have. Keep up the good work!

Vinoth U, Manager HR, Daimler

I enjoyed the influencing sessions especially it was the first time that I participated along with a diversified industry crowd. The magic if sessions were eye opening. I also felt good to influence couple of people since I could share my experiences as a professional & a lady. Felt nice to see the enthusiasm of some of the participants.

Roopa Hariharakrishnan, Senior Manager Core Payments, PayPal

Dear Uday - Thanks for the wonderful facilitation done by you **e n g a g i n g a l l p a r t i c i p a n t s .** I liked your style of changing voice with different intonation whenever you want to emphasize certain points and also the way you introduced participants on the floor. Thanks for creating an appropriate climate where learning started flowing. I was carried away by the Tsunami of personal experiences shared by the fellow participants. One is bound to see the sea of perspectives from varying angles. Thanks for providing such learning experience! Kudos to you!

Sathianathan A L, Senior Manager Nalanda, Intellect Design Arena

Hi Uday - It was great to meet you and be part of your session. This session brought within me ability to see more holistically, power that rests within each one of us and our ability to influence. Concept of subtext was very insightful and has helped me to appreciate small things while we are in the journey and not necessarily wait for the result/outcome. My role requires engagement at various levels & the "Magic If" technique helped me understand empathy better than ever. It was great to see how you set stage for people to open and interact without inhibitions and that has allowed a real time experience of how we influence and get influenced. It has been a pleasure to be a part of your session...Thanks!!"

Ajay Masih, AVP, E I DuPont Services Centre

Dear Uday - I will take this occasion to show my gratitude to my management who themselves understood my training requirements & nominated me for the program at a juncture when I was very much needed the same both in my professional life & more to personal side. Came to the training with bit of prejudice rather cynical attitude which I might have imbibed from earlier HR or management (me being on the technical side) sessions. The way you piloted & took off from the tarmac was really unparalleled which made not only me but all of us to fasten our seat belts & focus to the core of the session without a wink of an eye. Great sir, salutations to you on making such a cynosure! The takeaway from the sessions were many which cannot be mentioned in a few words or scribble over here as complete emotions & learning especially when on soft matters totally can't be penned on to a piece of paper. As the training progressed the team started feeling like a family even though we were from different streams of life & rather I would call it as a cross-section of an Indian industrial society starting single personnel to leading businessmen who were sitting together as family members & relishing their memories; exchanging the life experiences every person had undergone during his tenure. Frankly in normal circumstances, when a workshop gets over people

scatter around to rush to airports or railway stations to reach their destinations but after this session completion we were there for some time to bid adieu to each other in personal manner & it was a bit touchy time. My takeaways are confidence, building interrelationships positive outlook & reading sub-text from each deed or word.

Sreenivasa Pai, Manager - Maintenance, SEPR

Hi Uday - A truly heartwarming experience of connecting with people who were initially just participants but eventually turning out to be the best of friends at the end of the two day workshop. I personally felt it as a truly enriching experience of knowing your inner self by embarking on that journey of turning back time & evaluating many milestones that had happened. The 'river of life' exercise in particular was really a highly intense emotional experience wherein you can deep dive closely to contemplate on the myriad of both successful & missed opportunities that one had in influencing people around you & in turn changing their lives. Another highlight of the workshop was Uday's role as a facilitator through his high energy involvement throughout the two days which greatly enabled all of us to exude terrific levels of self-confidence & breaking away many artificial barriers created by ourselves in knowing each other more. The workshop had indeed helped to know & understand my inner self, which I'm sure would help me create a positive change in influencing others in personal as well as professional life in the days & years to come.

Sudhin George, Manager PMO, ABT Foods

Dear Uday - It is the sixth program of yours that I am attending. Every program adds some tributaries to my river of life- in the form of new friends, new thoughts, new ways of looking & living a great life. I found the River of Life & the Embodiment of the person with whom we have a problem as the most impacting. It gives me a much better way of approach to resolving problems with persons. The sub-text in communication was another perspective to look out for in communications. These learning have impacted me greatly. I look forward to your next workshop to add more positive dimensions to my life!

Nadimuthu, VP R&D, SnamAlloys

Hi Uday - Some of my misconceptions were broken down during this workshop, like [a] I was under the impression that only people who are successful and powerful can only influence people, [b] I realized that every individual has abilities to influence and get influenced by others, irrespective of his/her background, socio-economic situation, qualification, age, gender and career role [c] every individual has a story or handled crises as unsung heroes/heroines while influencing to make right decision & [d] The great take away was "Manasa Vacha Karmana" to be able/ability to influence family members, subordinates, peers & superiors you need a great persona/Personality which comes thru your image which can only be built by practicing what you think, what you preach and how you act or react.

Balaji Karnam, Head - HR, Butler America

Dear Uday The workshop has been eye opening to realize specially river of truth experience about each one of us having raised to the occasion & been a leader when faced with challenges. I truly believe now that there is a hidden leader in each of us. It's been good interactive platform. Post the Workshop you feel energized & mentally fresh to take on the challenges with a new vigor. I've read the book that you gifted & I'm assured each one of us who reads will become a True Leader & make a big difference & mark in their respective fields. Your energy level & many interactive methods used in the workshop kept all of us hooked for two days rather it was joyful ride & now we need to go back & influence & make this world better. I'm happy that I attended the workshop.

Sandeep Abraham, DGM - Sales, Roca Bathroom Products

Dear Uday What a brilliant workshop! It was lovely to meet you & all the other participants within such a great learning environment. I was especially impressed by the overwhelming happiness, satisfaction, passion & care that participants (whom you know already) demonstrated towards you, I came away with insights into individuals & also into sensitive, appropriate ways to assist. Your structured activities should have helped everyone in the group. I was able to walk away with a new understanding & strategies. Your commitment to share with, listen to & support mentees, while giving up precious free time, is priceless. The mentees were very interactive in the sessions. It's been very gratifying hearing the enthusiasm in not only

their questions, but in their voices as well. By influencing the condition of one...we influence many. Keep up the fantastic work!

Satish Kumar, Deputy General Manager - Operations, Roca Bathroom Products

Dear Uday - Whenever I attend your open workshops, I come with high expectations. Till now I have never been disappointed. This workshop on Influencing was yet another milestone among your open workshops. I thoroughly enjoyed participating in the program. The fifty participants from various walks of life, mingled well, exchanged experiences & shared knowledge. At the end of the program everyone could feel the influence. Uday, I wish you all the best in the forthcoming workshops & I'm sure all the participants will become more influenceable & influencing in life.

Subramanian K R, Business Head, Prasad Lab

Dear Uday Thanks to you & other 50 Vibrant, positive, inspiring & Influencing co-participants for gifting 2 wonderful days. You are a wonderful facilitator, coach, guru, Mentor. I admired the miraculous way you brought entire team closer within 2 days. The positive vibes you create & exhibits radiates into each of us. The deep thoughts & insights of the subtext you shared brought lot of dimensions & helped me to realize my internalization. The orientation speech was simply mesmerizing & left us spellbound. Each group activities were well researched & designed to bring out both the professional & personal influencing experiences. The group learning exercises influenced lot on inner self awakening & brought lot of perspectives & learning related to influencing. It was overall a high impact program & it was more like a life changing experience. The reflections on the learning will sure help me grow & make me a better person than what I am today. Feeling Transformed, Influenced & energized after this workshop. My Influence is my Signature now.

Madhavan P C, Deputy Manager SPE, Reydel Automotive

Dear Uday - Further to my participation in the workshop titled, "Transformational Influencing of Self & Others", I felt it is my responsibility to write this letter of appreciation. As a person, who has attended it for second time, my reflections possibly give you a different view than those of other participants. "Whenever I've attended your workshops, I feel that I am being part of a great meditation temple I've attended your workshops & discovered myself in a better way. Every time & that too quickly, you help us travel very deep within ourselves & make us do the soul searching with utmost honesty & integrity. After the program I met a few people who have been instrumental in the betterment of my life & conveyed my gratitude to them for empowering me with their presence in my life. Overall, I feel I'm blessed to have attended your workshop on Influencing. Wish you good luck for future endeavors. May the almighty give you enough strength & good health so as to enable you to influence many needy people in the society, particularly so in the busy corporate segment.

Rajaram Kolle, Managing Director, KGC Propertye

Dear Uday - The two days I spent were highly energizing and motivating. Right from the word start, when we did the role model exercise, I discovered leaders who impacted me most. The workshop was a sort of thanks giving to the many souls who touched and influenced my life, whether be it my parents, teachers, friends, family etc. Many have helped shape what I'm today, but never thought of their support in the way the workshop opened it up for me. Gratitude was in my heart, but after the workshop I realized, how expression of the gratitude is so important. The highlight was "River of Life" exercise. It was so enlivening that I lived my full life in a few hours. The Group sharing was so intense and opened up lots of thought processes. Every influence received, is a "Pass It On" in real sense! I thank you and CORE MIND team from the core of my heart.

Subramanian L, ePrenuer & Pen Designer, ASA Pens

Hi Uday - While doing practical exercises on the person whom I liked the most & whom I did not, I clearly realized that, there are always 2 sides of the coin. Similarly, I realized that, no one intentionally disrupts others thoughts & it's all about one's own priorities, which makes them behave in a certain manner. Given an opportunity, everyone wants to maintain cordial relationship. Having said this, even the smallest timely appreciation works magic. Also I realized that, if I need to achieve cordial relationship, it's important to think from others point of view. This exercise made me realize the potential of influencing through simple & timely appreciations. One more self-realization

about influencing others was that clearly needs conscious effort. Sometimes, in the interest of influencing others, if influencing/appreciation are overdone, it looks very artificial. I think I need to be very vigilant about not trying to over influence & get into embarrassing situation. Post your workshop, I'm trying to consciously practice this thought. Every time I get an opportunity to appreciate others, I started doing it without any hesitation & I am able to see the difference in my approach & how others are looking at it. Once again thanks Uday for your guidance & training. Much appreciate your/your teams efforts.

Raghavan R, Head Sales & TCS, Automotive Business, Henkel Adhesive Technologies

Dear Uday - After your training program my inner soul popping up & saying hello Raju are you alive, taunting me to come out from comfort zone, which was a big fight between comfort mind/body & heart desire. River of life activity, made me look back whole of my past life, what I was, where I am? I was observing everyone around me as a silent spectator in class room noting in my mind their qualities which I don't have, what you have I don't have. It's a learning evolution process for me those two days. Many things flashing in my mind company tasks, kids & family wishes, chill out, dreams, friends, so on & so on. I started gathering all scattered molecules in my life which I ignored during the last 10 hard years by questioning me. "How do we keep our inner fire alive? Two things, at minimum, are needed: an ability to appreciate the positives in our life & commitment to action. Every day, it's important to ask & answer these questions: 'What's good in my life?' & 'What needs to be done?'" Nathaniel Branden. Uday as an individual you are great human being, thanks for your motivation & raising my fire bar once again.

Raju M S N, DGM - Finance, Renault Nissan Automotive

Dear Uday - This is the first time I attended such a workshop. It was really interesting, lot of learning during interactions with various groups & more importantly you kept the sessions live. I've slowly started implementing learning in to actions in order to get benefits. I loved the River Exercise the most as it brings back my past memory good times, bad times & also my future. Also amazed by your energy level & your memory!

Hari S, DGM - Application Engineering, Allison Transmission

Dear Uday I've attended several workshops for improving my knowledge & skills to deal with others. This is the first time, I've attended a program that focused on dealing, self, understanding self & influencing self. The two days program was a real awakening exercise. River of Life & Be that Person exercises were great eye openers. The importance of understanding the subtext was the essence. I'd also like to thank you for connecting with me wonderful 27 friends more who at some point of time, during the group activities had revealed the other side of me & acted as a catalyst in understanding myself better. Thanks again Uday for showing me this beginning & wishing you a wonderful journey of transforming lives of many more through such a program.

Venkataramani S, Chief Marketing Officer, ABT Foods

Dear Uday - My heart is filled with sincere gratitude to you for influencing me so strongly through the two day Workshop on "Transformational Influencing of Self & Others". Some of the exercises that we went through during the workshop have been so powerful such that in the process of internalizing the learning. I do realize transformation in me & the positive influence that I've already started making in certain relationships. The workshop provided me with a paradigm shift in my approach to 'influencing' & I believe that it will make a big difference in the days to come in both my personal & professional relationships. I thank you from the bottom of my heart for designing & facilitating a wonderful & impactful workshop that can create magic. Look forward to attending more of your programs.

Vanisree G, Head - HR, ABT Foods

Dear Uday - At the outset, let me thank god & my company, who gave me this opportunity to meet wonderful & great human beings. I am grateful to you Uday, for gifting me these two days of life moving & enriching experiences in my life. I thoroughly enjoyed & it gave me lot of food for thoughts. River of life exercise was a moving experience & reminisced me lot of good & not so good memories of life, but left me with more deeper & calmer person than before.

Praveen Gopinathan, Senior Manager - Marketing, Malayala Manorama Company

Dear Uday - I thank my management, Dr Binu Stanley & Mr Shiv Shanker for making me to be a part of this great program. I wondered where I'm when I started listening to your speech & it really took me sometime to recollect myself, your swarm of energy holding thoughts of everyone in the hall to your speech was mesmerizing. River of life From the moment of Jananam to present, I lived in it to experience it. Once you really do it, believe me you will not be you & the way you look at others changes dramatically, you will be able to conceptualize others thoughts & act accordingly. You'll see that your soul speaks to you & trust being enriched & life becoming more interesting & confident at the end of this program. Diversified groups Being with different groups every time, whom you have never met before changes the way you look at your own life, you get many answers for any question, which you would have never even dreamt of. Be ready for the soul's laughter & cries. The Influencing of self & others has been really Transformational!

Senthilvel Murugan N, Manager HRM & Admin Facilities, ZF Windpower

Dear Uday - Thanks for the learning imparted by you to all of us during the workshop. It was some kind of internal awakening for me. I could see a great deal of change happening in honing each one's skill set & you have caught on to the right & relevant topic. I am sure in corporate world the expectations have undergone a sea change which used to be Loyalty in the 1960 & 70's & shifted in 80's & 90's towards Commitment & from there on I would definitely say the paradigm shift in expectations & thought process for the 21st century is Influence! Once again thanks for learning & wish am a part of such revolutionary & forward looking topics.

Sathyarayanan K, DGM - Sales, ABT Food

Dear Uday - I am really thankful to Mr Murali [VP-HR] and Mr Sriram [my boss] for nominating me for this program and honestly it was a good experience. I was really impressed the way we started the workshop by meeting each and every one of the participants including you with a promise to influence others and in the process get influence by them. Each One of those table exercises that you made us do was very thought provoking. The exercise River of Life was one more classic case of self-introspection. It made us dive deep into our past and dig out memories and recollect all the people, incidents which influenced us. It also made me think, that we get lost so much in life that we don't sit back and think and thank the people who have influenced us. One more key factor which influenced me was the way the workshop was planned, carried, paced, presented & conducted by you. The anecdotes that you shared from your experiences and how you strived to change the adverse circumstances was a great learning experience in itself! It also provided a great platform to meet people with diverse backgrounds, educationally, personally, professionally. I was able to learn and get influenced by each one of the co participant I have interacted.

Shravan Kumar S, Manager Purchase, VST Industries

Those two days are very good and lot of experiential learning. Workshop is interesting and great experience to meet people from diverse work areas. I put some of the inputs that I gathered from the workshop in practice. Workshop is well planned and well organized (especially the time management). There are some interesting inputs which need to imbibe and practice.

Phani Kumar Kavuri, Mgr - Sr Software Engineer, Progress Software

Dear Uday - The Workshop on "Transformational Influencing of Self and Others " gave me wonderful opportunity to share experiences among the diverse group. The design & structure of the program enables everyone to participate, [not relying only on PPTs] gave opportunities to interact with everyone in the workshop. The planning, clarity of thought, well-constructed beginning, middle & concluding speech of yours, influenced me a lot! The River exercise reminded me the great people who influenced my life. The takeaway is "Power/Authority/Title are not necessary! What is necessary is Influence! To influence others we need to build respect, dignity and trust with them."

Thirunavukkarasu R, Sr. Manager - Manufacturing, Alstom T&D

Dear Uday Great & very positive! Within the two days I've not only earned the experiences, I've also added 52+ good friends to my life, which is very important to grow up in my life. The entire session not only taught us about the influencing factors, but also understood cause & effects of influencing factors in real time, with help of co-

learners. What a man you are! What a powerful presentation. I've never meet such a person in my life, with strong energy levels & great attitude, with vision. I wish God, to give good health, wealth & prosperity in your life to develop more people. You've opened our eyes with pool of new thoughts. I assure to take it up to higher level with positive thoughts in each & every moment of work & life. Thanks once again for such great two days which I never forget in my life.

Dhandapani S, Manager Procurement, Alstom T&D

Dear Uday - It was a wonderful memorable 2days journey, where I got influenced by you & 50 co-learners. Your process of making us experienced about what influencing is very dynamic. Your way of communication & way of training is always inspiring. This workshop reinforced my self-confidence level. I can realize positive ways which started flowing within me. In a short time you made us to interact with co-learners & learn from their sharing, achievements, by listening to them. All your exercise made me to realize myself deeper. Thank you very much Uday, you've influenced me & helped me to realize my potential & built in positive outlook to see the life. I admire the way you conduct the programs, I love to be associated with you, my sincere thanks to almighty to show you in my life. I am impressed, excited & inspired to get influenced & to influence others

Amarnath J, Senior Engineer, Reydel Automotive

Dear Uday - My interaction with COREMIND & Uday started during the first INSPIRED PASSION Program & friendship extended over a period of time. One of the key factors which influenced me was the experience of learning from others' experience or experiential learning, as professionals call it the process. Influencing Self & Others is a program designed to make participants enjoy & learn in an interactive process. The group exercises involved discussing personal experiences in life & the other participants sharing their feedback was quite unique. The learning is unique. As shared by Uday during the program "we learn from others & others learn from us". One key highlight was the RIVER of LIFE Exercise which helped us reflect on our own life experiences & also sharing it with others. The key to leadership is Influence.

Kumar M C, DGM - PCSCM, Renault Nissan Automotive

Dear Uday Your program provided good avenues for introspection & understanding where & how I've been influenced! The group activities were powerful & heterogeneous nature helped even more. The rational thought process which we put through in various exercises were remarkable & intense. The ice breaking was almost instantaneous & the activities were quite coherent. The trust building & team building were very good & everyone seemed quite receptive. Excellent way to imbibe the thought that 'to influence & being influenced' is through own actions & instant reactions! Thoroughly enjoyed & learned during the session.

Sreehari Nambiar, Manager External Affairs, Vodafone - TN Circle

Dear Uday - To put into one word, the 2 day workshop on Transformational Influencing of Self & Others was simply awesome. The way in which the program was structured & conducted was superb. The journey started with self-exploration & the climax was the River of Life exercise, wherein I was able to spend some time calmly on self-introspection & recall the various influencers in my life who shaped me to what I am today. Thanks Uday, for taking us through this journey & facilitating in a wonderful manner & making these 2 days memorable for the rest of my life.

Rajkumar A, Materials Manager, Bayer Material Science

Dear Uday - Program was amazing! I liked the openness in the whole program, the way participants expressed themselves, shared views and experiences, which gave me so many different perspectives. It made me realize how beautifully and gracefully each person is making a difference in this world. Kudos to you for building such a platform and facilitating it so wonderfully! It was not like the usual where only the course conductor speaks and gives his views here every one had something valuable to share that was great!!! Believe me I've been talking about the workshop to everyone I met since then.

Prashanthi Korni, Proprietrix, Kindle Your Mind

Dear Uday - The biggest takeaway for me from this workshop was the time spent with the table group for the exercises. I was so happy to connect to the inner beauty and potential in each co-participant. Now-a-days all information to learn is available in seconds with just a swipe or a click. But learning is not taking place in proportionate

volumes as in my opinion, it takes place through people sharing and connecting. This can happen only when people spare time - physically, mentally and emotionally. Your workshop environment and facilitation helps participants give themselves quality time to achieve important and essential bits of learning, move forward and grow. I just wish, hope and pray that more and more people become open to learning through workshops. I am enjoying the book you gifted us. With plenty of appreciation and regard for the work you do.

Omana Hirantara, Founder, Kaleidoscope

Dear Uday - It was my pleasure & delight to be part of the workshop on Influencing. I thoroughly enjoyed the companionship of the members in the small group & exchanged warmth with each other. The most inspiring & my favorite session was river of life. This session made me unleash myself & broke all the barriers (that existed within me) & self-realized & I should not fail to highlight the support of my team in building up my confidence. Above all, Uday your structured, meticulous way of carrying on this workshop without slightest boredom was a big inspiration to me personally. Look forward to be a part of the future learning that you would offer.

Vidya K L, Senior Works Clerk, Chennai Port Trust

Dear Uday - First of all I would like to thank you for well-organized program with lot of insights. Some key Learning are: Lots of group exercises followed by analysis, improving ingredients like Integrity, Intent, Capabilities & Results, 360 Deg. Leader exercise, Credibility Index & playing another's role, to work on relationships etc. Overall it was a fantastic program & I've already initiated some actions.

Damodara Rao R, DGM-Operations, H & R Johnson

Dear Uday - I appreciate the methodology of conducting the workshop & energy levels you showed in your tone modulations and arrangements were awesome! This workshop on Influencing is unique by having all level and all types of industries. I've enjoyed this program by interacting with all co-participants during learning process. River exercise was powerful & took me back to child hood & journey throughout life. I will implement the learning in my life and work.

Karthick E, AGM - TPM, Carborundum Universal

Dear Uday When I was nominated to this Workshop, initially I was wondering what will I do in the workshop, but after attending, two days went off like 2 hours. I've really learnt to come out of shyness & spoke boldly in small groups, which I've never done in life. I also met different people & the experiences shared by them were really heart touching, as after listening to their sharing, I've become influenced & self-confident, to face any trial. I've been telling my friends to attend this Workshop.

Anil Vijay Kumar S P, Sr. Manager, Polycab Wires

Hi Uday - The 2 days Workshops was quite interesting & a mind tickler where it brought a deep self-retrospection. It was more of a soul opener where it brought out the empathy with synergy of positive thoughts. 'River of Life' was one of its unique exercises where I sensed a lot of deep thoughts kindled out. As I mentioned during my experience sharing session, being a trainer's pride, it's always difficult to keep the participants awake throughout the session especially after lunch break & participants actually were more attentive during post lunch, when compared to the forenoon sessions. Overall it was well managed learning session where people including self, had enjoyed being influenced & influencing others.

Dhanasekar B, AGM Standards & Quality, Logistics Skill Council

Dear Sir - It was a fantastic program, from which I learnt lot of tips, how to build and improve relations in our personal & professional life. By following all the tips learned in the session, we can definitely improve relation with various levels of people working with us. It was a great experience to have met wonderful people & chance to share our experiences with each other in various group exercises. Immediately from the next day on wards, I am trying to follow the things what I learnt in the session, to improve my relations with all and there by influence them.

Giri M S, Deputy Manager HR, MRF

Dear Uday At the outset I thank Mr Jerome [GM] & MRF for choosing me to attend this valuable Workshop. As is the program titled, it had immense influence me. I realized about those who influenced me made me what I'm today. The way you conducted the program had

great impact. I'd like to improve myself as a person with qualitative traits and influence my colleagues to grow along with me, which will contribute to the growth of company. The exercises on building Trust & Relationship was a good experience. I always thought that Leadership means to manage people and it is only the responsibility of seniors, but I realized that Leaders can be at any level and can influence their colleagues. It was a great experience, to influence self and others, with such wonderful people, in the Workshop. Thank you very much.

Aravind Reddy K, Manager Production, MRF

Hi Uday - This influencer session was again a life changing experience to me through which I could shape some of my important relations. It was an eye opener for me, wherein I could keep myself in other person's place & feel their pain & agonies, they have undergone & take a decision in any important situation. Frankly speaking when the program began I never thought I could have a conversation with so many participants but it happened. I spoke to more than 3/4th of the participants. Thanks to you Uday for gifting Workshop on Influencing as a precious gem to my crown. I wish you keep adding such gems to my crown.

Kalabashini D, Asst Manager Procurement, L&T

Dear Uday - My sincere thanks for creating this opportunity for us. Those two days gave us a lot of learning. The group activities were helpful in understanding the skills we possess & the skills we need to develop for influencing. Of course, your facilitation style is the key behind creating the best learning atmosphere for us. Thanks once again & all the best for your Influencing journey.

Jude Jayaseelan D, Manager, Ford Motor

Dear Uday - From the bottom of my heart I'd submit that this program was one for my lifetime memory. After sharing some of the past moments within the team, I really felt relieved & relaxed. By hearing & by understanding other members testing moments & the way they all have withstood turmoil in life, gives me the courage to continue positive & focused in life. The "River of Life" forced me to think & recollect many past incidents which impacted me during my growing up days. Wish you & team all the best in your future endeavors & please be in touch.

Purushothaman NP, Head - QA, JK Tyre & Industries

Dear Uday - To be very frank, I came to the workshop with lot of expectation & I was really awestruck seeing you engaging senior corporate professionals in such style that they were in sync with you throughout the Workshop & my admiration for you is going up every time, Uday! I could gel with many participants in the group. You've influenced me a lot & with lot of your inputs what you have demonstrated in the two days of workshop. I'm sure I will go on to influence many! I am aware it is a process & I will grow every day in this aspect. Thanks! I wish you great health & peaceful years ahead.

Durai Murugan U, Assistant Manager Purchasing, Reydell Automotive

Dear Uday I'm very happy to be a part of the program. I was really influenced by the way of your training. You had created a good platform where I was influenced by some of the successful leaders & in turn I influenced some of them & experienced the effectiveness of this training immediately, I also want to thank my management. I wish CORE MIND to create a good impact in the corporate HR world.

Govindarajan R, Assistant Manager Personnel, Ashok Leyland

Dear Uday - When I came to this workshop, initially I thought it will be like a full theory session. But when the workshop started, I realized this is not going to be a normal session. I loved & admired the way you passionately took the workshop & energy you had for 2 days. You engaged the entire group & made everyone to participate & speak. The river exercise was very good, which made me to go back to my old days & identify the persons who had influenced me to come up in life & the team mates sharing their river of life & the struggles they had encountered to come up in life was extremely helpful to face any challenges in life & given confident that nothing is impossible to solve in our life. If we face it boldly, success is ours. Putting yourself in other shoes is really nice to think the problems in a positive way, through which you can able to identify the solution in a shorter time. Overall it was a very good session & definitely it made some spark in my life to change in a better way. Thanks for your guidance.

Hariharan K, Senior Manager Materials, Tractors & Farm Equipments

Dear Uday - The workshop impacted me in many ways. The exercises we did on our own and with small groups, made me introspect and appreciate and understand myself better. Empathizing with another became real instead of just an idea or thought. I loved that as it made me realize that people I blame are not much different than me, only their problems may be slightly different. River of Life was like a tribute and acknowledgement to all the people who influenced my life. Saw the gift in the so called difficult times as well and it was very enriching. I loved the way you handled and involved each and every one through the opportunities you gave everyone to say a few words to the large group. It was so natural and felt very comfortable being myself out there.

Shobha Nargundkar, CEO, Yellow Butterfly

Dear Uday - The River of life exercise was an eye opener. I realized having not shared my gratitude to some persons who influenced me in my life. I've started practicing to Influence people. The experience of meeting participants from diverse background was wonderful. You kept the session very lively and dynamic with your vibrant speeches and group activities.

Kannan M, Business Head, V Care Logistics

Dear Uday This Workshop exceeded all of my expectations! I cannot restrict my learning from this Workshop, to not only to the principles of Influencing, but also trying to apply them in my Personal & business life. Sure it'd make an impact, may not be immediate. I'd enthusiastically recommend this kind of program to anyone who wants to get to art of Influencing self & others. With Heart felt Love, regards & sincere appreciation

Amit Parakh, Corporate Consultant, Parakh Consultancy

Dear Uday - Indeed It was a great learning from you & other participants. I'd certainly appreciate your efforts & also having ensured that we move out of the program with lots of learning, new experience & satisfaction. Overall I secured great exposure in terms of learning, how to influence self & others & new thoughts from the leaders who participated in the program.

Vijayakumar E, Supervisor, Ford Motor Company

Dear Uday - By being with many cross functional teams/leaders & understanding their views & insights of problems they faced & how they managed difficulties during crisis situations helped me to understand the how to handle & overcome problems. River of Life exercise helped me to understand how people at each phase have undergone positives & negatives & how they overcame & how they were influenced excited me & gave a lot of inputs to my life.

Hari Singh S, Senior Engineer, Ford Motor Company

Dear Uday - Your training was organized differently not just relying on power point presentations, by involving every participant to be open minded, shares views & participate honestly. I realized the power of hidden influencing potential & how to influence self & others in positive way, building the trust with superiors, peers & subordinates. River map exercise taught us who all influenced us, who we influenced & where we failed. This Workshop helped me & my organization to build the positive relationship with in the team by influencing & trusting each other & to achieve good positive results.

Jayaprakash Narayanan D, Manager, Pricol

Dear Uday - Thank you so much for the well-structured & very nicely conducted workshop. Presentation was superb. Keep up the good work! The practical experiences shared during the group activities helped us to learn lot of new things. I'm sure that this be useful to improve my personal & professional effectiveness.

Martin Jose, General Manager, AVT Logistics

Dear Uday - "Transformational Influencing of Self & Others" ...when I saw the Topic I was not sure that what I've to do with these 2 days of workshop...Amazingly & fact is that these 2 days how it has passed on also I'm still surprised. The content was so different that power of Listening, Developing Trust & True care for everyone & Influence others were excellent. My favorite River exercise made me to start my childhood days to present & also sharing to my group of Listeners & vice versa & tears came in my eyes. This reinforced strongly that many of inner feelings radiates Influence too. I thank the whole Team & the great WhatsApp group members formation & been in touch for sharing, understanding, achievements, challenges etc. THANK YOU cannot be said at this juncture because you influenced me hence....Influence doesn't have any END....

Ravi Kumar C H, Team Leader, Saint Gobain

Dear Uday - Thank you very much as you provided me an opportunity to participate in this workshop. The Workshop on "Influencing Self & Others" was extremely useful to me, it filled in lots of gaps I had in the areas of influencing. As it covered all the positivism & also inculcated the methods to influence & be influenceable. Your practical examples, activities & workouts were awesome filled with knowledge management to the core that filled up the mind & actions of great learning. May your tribe increase!

Shama Sundar H S, Chairman, Skill Development & Research Institute (SDRI), Bangalore

Dear Uday - I thank my management to this wonderful workshop which was immensely helpful. The participation in the program was an eye opener for me to validate my negatives & positives. The interactive program brought me out to speak from my shell. The co-participants were of great influence & I'm blessed to be trained by you. Let god give you good health to carry out the good work & lighten up many more people like me.

Vijay Kumar B S, Manager - Facility, Blue Dart Aviation

Dear Uday - At the outset I am thanking my organization for deputing me to attend the workshop on "Influencing Self & Others". I attended four to five workshops earlier related to improve communication skills & leadership skills & also an OD program. But after attending the CORE MIND'S workshop on influencing self & others, I felt lot of areas I need to improve upon which I could realize! Uday I'm able to see very high energy level on you. Really great & very few only blessed by the god & you among one. My learning & takeaways from the workshop are: [a] Empathy for others, [b] Maintaining transparency in our actions where ever it is required & there by to create trust level on me by others and [c] Helping the people to the maximum possible & create positive influence among our co-workers.

Gopalakrishnan P, General Manager Procurement, ABT Foods

Dear Uday - I found the program a real eye opener for the fact that "Influencing is all about being influenceable". The two day workshop also helped me to realize different influencers in life & how they help in shaping who we are today.

Hari Govindan, Manager HR, VKL Seasoning

Hi Uday - As always I found this program too full of experiential learning derived from all participants. The sessions were more practical than theoretical which made it value adding in terms of application of learning to our daily life. Your own personal energy in conducting the program acted as an added catalyst to make it even more engrossing. I personally benefitted in undergoing certain revelations and ideas, in how I could turnaround the difficult situations at workplace, by influencing the colleagues positively.

Shyam Sharma, Program Manager, eClerx

Dear Uday You've done excellent job in organizing the workshop on Influencing Self & Others. You've invested a great deal of time and energy for this workshop & because of that it proceeded smoothly and constructively. I enjoyed the workshop immensely. I was very pleased to see such a broad spectrum of people's presence and the discussions and talks were very stimulating I've received the greatest benefit of anything I can imagine from your workshop. I've been influenced by you and many others and I'm sure it's going to play a major role in my life to reach the heights. The way you presented was exceptional and time just flew by.

Madhu Sudhan Mukthipati, Assistant Manager Immigration, Tech Democracy

Dear Uday - Thank you for the great two day workshop on Influencing Self & Others. It was very informative, very well presented, and enjoyable. I've learned so much from your training and I came away from the workshop feeling so confident and it really does help me in my Personal and professional life. This workshop helps me reinvent myself by sharing my experiences as well as others. So many experiences influenced me and keep on influencing me every day.

Pradeepthi Mukthipati, HR Executive, Enrich

Dear Uday - After attending Workshop on Influencing Self & Others, my attitudes have entirely changed, as to how I interact with customers & solve their problem. I'd never forget this program in my life & would refer to my friends for attending this learning process. Like you, our country needs more personalities to develop the people to recognize themselves. Let your service continue more & more to the people.

Chelladurai R, Proprietor, VRCS Leathers

Dear Uday After attending the Workshop I found that there is no age limit for learning from any reputed institution. You're a complete institution & way how you have described & analyzed the matter was mind blowing. I've always been keen to learn from attending programs to pass on gains to next generation.

Ashok Patel, Director, Patel Fab