

## REACTIVITY To RECEPTIVITY

Is Your Mind Bursting? Tired of being Overwhelmed Stressed & Reactive?  
*Go From Being OVERWHELMED To Having CLARITY To Build  
PROACTIVE Approach VS REACTIVE Approach!*

Attn.: Spiritually Advanced Leaders In Financial Sector @ Top Leadership Positions

Smita Kapoor is a gifted transformational result-oriented speaker and coach to spiritually advanced souls @ Top Leadership positions, who brings complex spiritual concepts in simple easy to understand concepts and applicable in busy daily life. She is founder of "**Smita Sk Kapoor International Pvt.Ltd.**" and the creator of a program '**Make Your Mind Your Best Friend**' -step by step system to release the painful past, deep loneliness, fear of rejection, reactivity, anger issues, creates sense of belonging in relationships, sleep peacefully and make spirituality work for her clients.

Her Life has been full of Challenges but it could not stop her from living her life to the fullest and she attributes her success to her friendship with her mind. In her words- "**Life brought me to dust several times and each time from those ashes, I have risen like a new 'Phoenix'. There're several Smita's in ONE SMITA-that's me!**"

A multipotentialist who made her passions into her career due to her ability to shut down her thoughts any time she wished, she brings her experience of 18+ years in various professions & industries online/offline marketing, International marketing, administration, branding and communications to help her serve her clients today.

Her '**LESS THAN 60 SECONDS TOOLKIT**' is highly effective toolkit to use to release reactivity, stress in corporate busy life without taking out time for meditation. A common question raised by all her clients is "How do you understand me so well, Smita?"

**With Your Spiritual Awareness You're Looking At Leadership Coaching To Solve Your Problems! Really?**

**This powerful, 120-minute program will give you clarity about:**

- Why your Mind is **BURSTING** & why you are not able to implement what you learn!
- How your past is impacting your today!
- You'll also go through Experiential Journey of Guided Meditation to see your Best Future possible and Actions to take. You'll walk away with an Action Plan!
- You'll also walk away with Your 'NOT TO DO LIST' -Your **TIME WASTERS** which keeps you busy vs productive!
- Get Smita's **LESS THAN 60 SECONDS IMPLEMENTABLE TOOLKIT** to **PREVENT** you from **REACTING during your day!** Use it Before, During for Productive meetings, Post meeting to stay fresh, During Crucial Conversations and many more...

"One word to define Smita, She is "outstanding". First of all, I would like to thanks Smita for giving me training on personality development. I really feel blessed for being taught by her. During the tenure of my training, I started noticing change in myself. My thought process and my approach to see the things differently and my mindset were the key things that has really improved. The best part of her training is, every statement she makes deserves billion bucks and is worth to change one's life and can make them successful. Now, it is one's ability to collect/gain whatever they can from the unlimited knowledge she posses."

-Muneeb HR Manager, Hyderabad



"Before this course, I was not able to give my choices a strong "Yes"  
But now I do. Ever since we started working together, I've felt more positive, learn to say NO, making "TO DO" list, being calm even when frustrated! I have really benefited from our work together as I've remain committed to what I say, understand other person's feelings, demand our rights, making my own choices important too and don't let them influenced by other people, and most important, Self valuation!

Thankyou! :)

Shammi Verma, AVP Finance

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