LEARN UNDER 30 MINUTES

LearnSprint™
Where Outcomes Matter

COURSE CATALOGUE

> " We live in an era where *learning is essential* and *time is limited* "

Contents

Contents

from the CEO

Organizations today constantly struggle to focus their *time and energies* on training that not only imparts information but also enables employees to *sustain post-training interest,* practice and imbibe learnings as a **way of life, and positively impact workplace productivity!**

A 2019 HBR survey shows that 70% of employees don't have *mastery* of the skills needed to do their jobs and a McKinsey survey shows only 25% believe that training measurably improved *performance.* This is because most training programs do not have an **outcome-centric approach.**

Every entrepreneur, leader, employee, and individual needs to learn the knowledge, attitudes, and skills relevant for their career and life growth. It has thus become essential to **increase the efficiency of training** and find ways to learn relevant pointers in *less time* through constant *innovation.*

LearnSprint, a self-paced e-learning portal is an **innovative** product developed with the idea of helping organizations achieve their *business goals.* It enables professionals to unlock their *leadership potential* and take **result-oriented action** by going through outcome-oriented learning.

Learners make **small meaningful changes** and transform their attitudes, beliefs, and behaviors to achieve *personal happiness and career success.*

LearnSprint is all about learning **under 30 minutes** with 8 hours of **post-learning activities** that provide quick, meaningful, engaging, and actionable solutions to enable *learning, practice, and mastery* of outcomes.

Join **www.learnsprintsolutions.com** and start your journey with us today!

Revathi Turaga

CEO's Note

01

About us

02

LearnSprint Solutions is a self-paced learning portal, with short duration (max. 30 minutes), nimble, technique driven, easier to understand courses based on the belief that learning has to be outcome-centric by focusing on why & how to learn instead of the what to learn.

In 2019, the total spending on employee training **globally** reached **$370.3 billion** with an average of **$1,286** invested per **learner**

70%

employees report that they don't have mastery of the skills needed to do their jobs

12%

of employees only apply new skills learned in L&D programs to their jobs

25%

respondents to a recent McKinsey survey believe that training measurably improved performance

These above statistics from a Harvard Business Review survey are a result of an existing paradigm of how training programs are perceived

Existing Paradigm	VS.	LearnSprint Paradigm
Focus on *learning*		Focus on *action*
What happens *during*		What happens *after*
Conceptual *knowledge*		Implementable *techniques*
Self-paced application		Guided *reflective practice*
Review the results		*Coach* through the process
lower **trust** | *lesser* engagement | *lack of visible* behavior changes		*higher* **trust** | *more* engagement | *perceivable* behavior changes

ABOUT US

PURPOSE

Enable professionals to unlock their leadership potential and take result-oriented action by going through outcome-oriented learning to transform their attitudes, beliefs, and behaviors

MISSION

Enable people to unleash their inner potential and maximize their excellence by making small meaningful changes that help them achieve career success and personal happiness
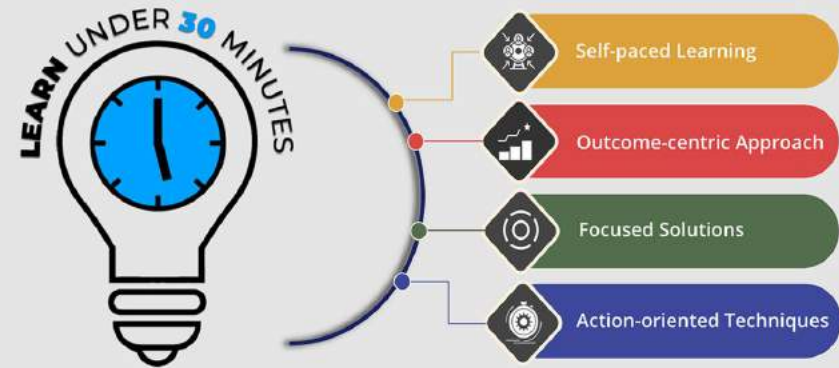
PHILOSOPHY

Most trainings have a topic-centric approach and not an outcome-centric one. We believe that any learning should move from being topic-centric to outcome-centric

THE IDEA

Learners need **quick, meaningful, engaging,** and **actionable** solutions

LEARN UNDER **30** MINUTES

- Self-paced Learning
- Outcome-centric Approach
- Focused Solutions
- Action-oriented Techniques

THE METHODOLOGY

LEARN | PRACTICE | MASTER

30 Minute Courses

Practice Activities

8 Hours Of Blended Learning

5 Week Journal Log

Reading Material

Expert Videos

5 Week Coaching Log

Faculty AMA (Ask Me Anything)

Highlights Video & Poster

Assessment & Certificate

03

Competencies

Every entrepreneur, leader, employee, and individual needs to learn the knowledge, attitudes, and skills relevant for their career and life growth.

Competencies

THE WORLD TODAY: VUCA-D

VOLATILE → **U**NCERTAIN → **C**OMPLEX → **A**MBIGUOUS → **D**IGITAL

Learners need quick, meaningful, engaging, and actionable solutions

How to show **EMPATHY**, yet get results?

Why do we find it difficult to **MULTITASK?**

How challenging is **DELEGATION** for you?

How often do you **PROCRASTINATE?**

Do you falter **EYE CONTACT** in presentations?

What are the **NEEDS/GAPS** specific to your roles?

95%
of the population procrastinates at times, with 20% being chronic offenders
- meta-analysis by University of Calgary Haskayne School of Business

34%
Amongst leaders, 34% want to improve coaching skills while 31% want to improve communication
- Forbes

69%
say that change and learning orientation are the most important traits for future tech leaders
- Deloitte Insights
- The Kinetic Leader 2020

LEADERSHIP & MANAGERIAL COMPETENCIES

Every entrepreneur, leader, employee, and individual needs to learn the knowledge, attitudes, and skills relevant for their career and life growth

SELF MANAGEMENT
Taking ownership of one's behavior, growth, and success

Attitudes and beliefs | Goal setting
Time management | Stress management

TASK MANAGEMENT
Planning and prioritizing tasks and activities to increase productivity and reach targets

Change management | Presentation skills
Coaching and mentoring | Corporate etiquette

PEOPLE MANAGEMENT
Motivating, supporting, and providing direction to others for their performance, growth, and success

Listening skills | Assertive communication
Conflict resolution | Giving & receiving feedback

TEAM MANAGEMENT
Enabling cohesiveness, collaboration, and alignment to coach the team towards success

Interpersonal communication | Emotional intelligence
Influencing skills | Team building & collaboration

ROLE MANAGEMENT
Fulfilling critical roles of a leader to drive the success of the team

Change management | Presentation skills
Coaching and mentoring | Corporate etiquette

STAKEHOLDER MANAGEMENT
Communicating & maintaining relationships with key people who add value to the team and to whom the team adds value

Customer interaction | Negotiations
Facilitating meetings | Interviewing techniques

LearnSprint enables the **WHY** (application) and **HOW** (process) of **WHAT** (competencies) to learn

Packages

Course packages

04

Team Management 101
3 courses for managers and future managers

Self Management 101
3 courses for individual contributors
and team members

Managerial Excellence 101
15 courses for managers and future managers

Professional Excellence 101
15 courses for individual contributors
and team members

the Trinity of Success
Goals | Motivation | Action
6 courses for engineering and
management students

Workplace Resilience: Disruptive Times
3 free trial courses for organizations
2 free trial courses for individuals

Team Management 101

3 months package for managers and future managers

Leadership and managerial competencies are the knowledge, attitudes, skills, habits, and motives essential to excel in leadership & team roles, and achieve professional success

COURSES INCLUDED

How to Inspire **Goals in your Team**
When employees are inspired and motivated through the right goals, organizations can automatically succeed

How to give **Effective Feedback**
Employees know that feedback is central to talent development and career advancement

How to **Delegate Effectively**
Delegation in leadership not only helps get things done, but it also empowers employees by giving them greater autonomy

BONUS COURSES

1 hour AMA (Ask Me Anything)
one time virtual session with Revathi for all learners in month 2

30 minutes AMA (Ask Me Anything)
one time virtual session with Revathi for all their coaches/supervisors in month 2

Be **SILENT** to **LISTEN**
a simple framework to enable active and empathetic listening

DURATION: 3 months

PRICE

Rs. 1500/- or 20 USD
*price mentioned is per each login
*additional taxes as applicable

EVERY COURSE HAS

3 Minutes **Summary Video**
Downloadable **Summary Poster**

Self Management 101

3 months package for individual contributors and team members

Leadership and managerial competencies are the knowledge, attitudes, skills, habits, and motives essential to excel in leadership & team roles, and achieve professional success

COURSES INCLUDED

How to **Set Goals**
Goals are part of every aspect of business/life and provide a sense of direction, motivation, a clear focus, and clarify importance

How to **Say No**
Before saying 'yes' to someone else, we need to make sure that we are not saying 'no' to ourselves

How to **Overcome Procrastination**
For one to be successful in life we need to do things when they need to be done, and not whenever we feel like it

BONUS COURSES

1 hour AMA (Ask Me Anything)
one time virtual session with Revathi for all learners in month 2

30 minutes AMA (Ask Me Anything)
one time virtual session with Revathi for all their coaches/supervisors in month 2

Be **SILENT** to **LISTEN**
a simple framework to enable active and empathetic listening

DURATION: 3 months

PRICE

Rs. 1500/- or 20 USD
*price mentioned is per each login
*additional taxes as applicable

EVERY COURSE HAS

3 Minutes **Summary Video**
Downloadable **Summary Poster**

Managerial Excellence 101

15 courses for managers and future managers

Leadership and managerial competencies are the knowledge, attitudes, skills, habits, and motives essential to excel in leadership & team roles, and achieve professional success

LEADERSHIP SKILLS

How to Make the Next Best Decision
It is not about making the best decision but about making the next decision and to keep moving forward

How to Delegate Effectively
Delegation in leadership not only helps get things done, but it also empowers employees by giving them greater autonomy

How to Act Proactive
Taking proactive action helps cause changes, rather than just reacting to change

TEAM MOTIVATION

How to Motivate Myself
Understanding and developing your self-motivation can help you to take control of many other aspects of your life

How to Inspire Goals in your Team
When employees are inspired and motivated through the right goals, organizations can automatically succeed

How to Motivate my Team
Employee motivation increases the level of commitment, drive, and energy that an employee brings to the role everyday

PERFORMANCE MANAGEMENT

How to Appreciate
Appreciation plays a key role in creating a positive organizational culture and strengthening employee-leader relationships

How to Give Effective Feedback
Employees know that feedback is central to talent development and career advancement

How to Brainstorm Ideas Collectively
Productive group brainstorming can make the team feel energized, accomplished, and excited for the next steps

PRODUCTIVITY AND TIME MANAGEMENT

the Why and How of Multitasking
If one becomes proficient at two tasks it is possible to rapidly shift attention between the tasks and perform them well

How to Say No
Before saying 'yes' to someone else, we need to make sure that we are not saying 'no' to ourselves

How to Overcome Procrastination
For one to be successful in life we need to do things when they need to be done, and not whenever we feel like it

PRESENTATION SKILLS

How to Overcome Stage Fear
The fear of speaking in front of an audience is the most common phobia ahead of death, spiders, or heights

How to Maintain Eye Contact in Presentations
Sustained and meaningful eye contact with the audience is a simple way to enhance impact and persuade others

How to Start and End a Presentation
Any effective presentation has two vital building blocks. It starts out strong and ends on a powerful note

BONUS COURSES

1 hour AMA (Ask Me Anything)
Once in 3 months virtual session with Revathi for all learners

30 minutes AMA (Ask Me Anything)
Once in 3 months virtual session with Revathi for all their coaches/supervisors

Building Resilience in Disruptive Times
Individuals need to focus on building resilience and agility to step up and bounce back from external hurdles

* Contact us for customized pricing plans

Professional Excellence 101

15 courses for individual contributors and team members

Leadership and managerial competencies are the knowledge, attitudes, skills, habits, and motives essential to excel in leadership & team roles, and achieve professional success

GOAL SETTING

How to Create a Personal Brand
Personal branding is what makes us different, how we create value for others, and how we market ourselves to others

How to Set Goals
Understanding and developing your self-motivation can help you to take control of many other aspects of your life

How to Achieve Goals
While hard work and massive action are paramount to becoming successful in reaching our goals, neither of these are possible without a positive mindset

PRODUCTIVITY AND TIME MANAGEMENT

the Why and How of Multitasking
If one becomes proficient at two tasks it is possible to rapidly shift attention between the tasks and perform them well

How to Say No
Before saying 'yes' to someone else, we need to make sure that we are not saying 'no' to ourselves

How to Overcome Procrastination
For one to be successful in life we need to do things when they need to be done, and not whenever we feel like it

PROACTIVE ATTITUDE

How to Maintain Positive Attitude
A positive attitude can improve health, enhance relationships, reduce stress, and increase chances of success

How to Think Proactive
Proactive thinkers anticipate events and try to potentially avoid unwanted situations by taking action

How to Act Proactive
Taking proactive action helps cause changes, rather than just reacting to change

INTERPERSONAL SKILLS

How to Appreciate
Appreciation plays a key role in creating a positive organizational culture and strengthening employee-leader relationships

How to Respond, not React
Responding, while technically a reaction, takes into consideration the desired outcome of the interaction

How to Express Anger at Workplace
Anger at the workplace may lead you to poor decisions and regret but when expressed properly can create positive and just outcomes

PRESENTATION SKILLS

How to Overcome Stage Fear
The fear of speaking in front of an audience is the most common phobia ahead of death, spiders, or heights

How to Maintain Eye Contact in Presentations
Sustained and meaningful eye contact with the audience is a simple way to enhance impact and persuade others

How to Start and End a Presentation
Any effective presentation has two vital building blocks. It starts out strong and ends on a powerful note

BONUS COURSES

1 hour AMA (Ask Me Anything)
Once in 3 months virtual session with Revathi for all learners

30 minutes AMA (Ask Me Anything)
Once in 3 months virtual session with Revathi for all their coaches/supervisors

Building Resilience in Disruptive Times
Individuals need to focus on building resilience and agility to step up and bounce back from external hurdles

Contact us for customized pricing plans

Trinity of Success

6 courses for engineering and management students

GOALS

How to **Set Goals**
Understanding and developing your self-motivation can help you to take control of many other aspects of your life

How to **Achieve Goals**
While hard work and massive action are paramount to becoming successful in reaching our goals, neither of these are possible without a positive mindset

MOTIVATION

How to **Think Proactive**
Proactive thinkers anticipate events and try to potentially avoid unwanted situations by taking action

How to **Motivate Myself**
Understanding and developing your self-motivation can help you to take control of many other aspects of your life

ACTION

How to Overcome **Procrastination**
For one to be successful in life we need to do things when they need to be done, and not whenever we feel like it

the Why and How of **Multitasking**
If one becomes proficient at two tasks it is possible to rapidly shift attention between the tasks and perform them well

BONUS COURSES

Building Resilience in Disruptive Times
Individuals need to focus on building resilience and agility to step up and bounce back from external hurdles

1 hour **Positive Mental Health** talk
One time virtual session with Revathi for all students in month 1

1 hour **AMA (Ask Me Anything)**
One time virtual session with Revathi for all students in month 3

DURATION: 3 months

PRICE for a minimum of 100 logins:

Rs. 1200/- or 15 USD
*price mentioned is per each login
*additional taxes as applicable

EVERY COURSE HAS

3 Minutes **Summary Video**
Downloadable **Summary Poster**

the Workplace in Disruptive Times

Set of 3 courses: one each for Leadership teams, Managers, and Employees

the Readiness Gap | the H.E.A.R.D. Model
During disruptive times, everyone in the organization needs to build resilience and adapt to survive, prosper, and be future ready!

Organizational Culture
course for Leadership Teams

Enhance Productivity
course for all Managers

Motivation & Happiness
course for all Employees

*free trial

Building Resilience in Disruptive Times

During a crisis (like the COVID-19) immediate and basic needs are utmost crucial. Building resilience to sustain, bounce back, and grow in the long-term is also equally important.

Learn how to:
- Identify areas in life to focus
- Choose how to think and act resilient
- Navigate the see-saw of positive and negative outcomes

*free trial

Be SILENT to LISTEN...

Today's corporate scenario: technical competency, right attitude, and hardworking ability are not enough – listening, a core aspect of communication is vital.

Key Learning Outcomes:
- Importance of Listening
- Effective Listening Skills
- The Framework of S.I.L.E.N.T.

*free trial

courses

Individual courses

05

Course categories

- Leadership Skills
- Team Motivation
- Performance Management
- Interpersonal Skills

Presentation Skills
Goal Setting
Positive Attitude

Productivity & Time Management

8 hours post-learning activities

Highlights video and poster

Learning assessment and certificate

How to make the next best decision

It is not about making the best decision but about making the next decision and to keep moving forward

Price: Rs. 1199/-
15 USD

70%

Most decisions should probably be made with around 70% of the information you wish you had. If you wait for 90%, you're mostly being slow – Jeff Bezos

COURSE CURRICULUM

What are Successful Decisions?
the Myth of Positive Results
OODA loop by John Boyd
Reversible and Irreversible Decisions

How to Delegate Effectively

Delegation in leadership not only helps get things done, but it also empowers employees by giving them greater autonomy

Price: Rs. 1199/-
15 USD

COURSE CURRICULUM

Delegation: a Leadership Skill
Importance of Delegation
Steps in Delegation Process
When NOT to Delegate
Elements of Effective Delegation
12 Cs of Delegation

20%

Many business owners believe that they can grow their business by more than 20% if they delegate 10% of their workload

How to Act Proactive

Taking proactive action helps cause changes, rather than just reacting to change
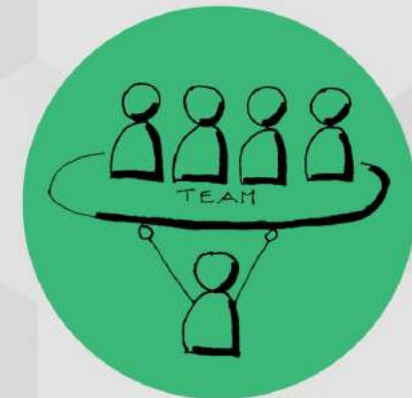
Price: Rs. 1199/-
15 USD

87%

of customers tend to form a positive image when they are communicated to proactively

COURSE CURRICULUM

Act Proactive, not Reactive
Proactive Communication
Proactive Innovation in Action
Be a Proactive Individual

*additional taxes as applicable   *all prices mentioned are per each login

Category (3 courses)

Leadership skills

Category (3 courses)

Team Motivation

How to motivate myself

Understanding and developing your self-motivation can help you to take control of many other aspects of your life

Price: Rs. 1199/- 15 USD

29%

employees only are engaged, work with passion and feel a deep connection to their company

COURSE CURRICULUM

Motivation and Goals
Knowing the WHY
Motivation Theories
Emotional Drivers
Sustain Motivation: 6 Steps

How to inspire goals in your team

When employees are inspired and motivated through the right goals, organizations can automatically succeed

Price: Rs. 1199/- 15 USD

COURSE CURRICULUM

Goal Setting in Teams
Motivation and Goals
from Purpose to Vision to Goals
Elements of Excellent Organizational Goals

67%

of managers and 81% of front-line employees do not update their goals throughout the year as business needs change

How to motivate my team

Employee motivation is the level of commitment, drive, and energy that a company's employees bring to their role

Price: Rs. 1199/- 15 USD

32%

employees are motivated by boosting morale, 27% by praise or recognition, and only 18% by monetary rewards

COURSE CURRICULUM

Motivation @ Work
Knowing the WHY
How to MOTIVATE my Team
Organizational Culture & Environment

*additional taxes as applicable   *all prices mentioned are per each login

How to appreciate

Appreciation plays a key role in strengthening employee-manager relationships and creating a positive organizational culture

Price: Rs. 1199/-
15 USD

78%

of employees say that it motivates them to work harder if they felt their efforts were better appreciated

COURSE CURRICULUM

the Power of Appreciation
Giving Appreciation (3S)
Receiving Appreciation (3S)
Self Appreciation
Culture of Appreciation

How to give effective feedback

Employees know that feedback is central to talent development and career advancement

Price: Rs. 1199/-
15 USD

COURSE CURRICULUM

Feedback vs. Criticism
the Art of Giving Feedback
Giving Effective Feedback: T.A.L.K.
Feed Forward

14.9%

lower turnover rates exist in companies that implement regular employee feedback

How to brainstorm ideas collectively

Productive group brainstorming can make the team feel energized, accomplished, and excited for the next steps

Price: Rs. 1199/-
15 USD

35%

of workers are given time to be creative at work only a few times per year
– Gallup 2017 American Workplace Survey

COURSE CURRICULUM

Group Brainstorming
Create a Brainstorming Culture
Steps in Group Brainstorming
Derailers and Solutions

*additional taxes as applicable   *all prices mentioned are per each login

Category (3 courses)
—

Performance Management

Category (3 courses)

Interpersonal Skills

How to respond, not react

Responding, while technically a reaction, takes into consideration the desired outcome of the interaction

Price: Rs. 1199/-
15 USD

71%

*Leaders who ranked high on **assertiveness and good judgment** had a 71% chance of being rated as one of the best leaders*

COURSE CURRICULUM

Reaction vs. Response
Respond, don't React
How to Respond – 5Ps
Breaking the Stimulus–Reaction Cycle

How to express anger at workplace

Anger at the workplace may lead you to poor decisions and regret but when expressed properly can create positive and just outcomes

Price: Rs. 1199/-
15 USD

COURSE CURRICULUM

Anger at the Workplace
Alternatives to Anger
Articulating the Anger Statement
What can Organizations do?

45%

*About **1 out of 4 employees** are **angry at work** and 45% regularly lose their tempers at work*
- National Anger Awareness Week

How to say no

Before saying 'yes' to someone else, we need to make sure that we are not saying 'no' to ourselves

Price: Rs. 1199/-
15 USD

NO

*A Stanford study says we grossly underestimate how willing other people are to help us out. All you have to do is **ask... twice!***

COURSE CURRICULUM

Assertive Communication
Why do we not say NO
How to say NO
Value in saying NO

*additional taxes as applicable   *all prices mentioned are per each login

How to overcome stage fear

Don't fight your stage fear, work with it and you'll surely rock your presentations!

Price: Rs. 1199/-
15 USD

73%

of the population is affected by *public speaking anxiety*
- *The National Institute of Mental Health*

COURSE CURRICULUM

the Fear of Public Speaking
Stage Fear - Why it happens?
Overcoming Stage Fear
the framework: S.T.A.G.E. & F.E.A.R

How to maintain eye contact during presentations

If there is one simple thing you can do to enhance impact as a presenter and persuade others, it's sustained, meaningful eye contact with your audience

Price: Rs. 1199/-
15 USD

COURSE CURRICULUM

Introduction to Presentations
Importance of Eye Contact
Eye Contact - the 8Cs
A to Z of maintaining Eye Contact

60%

We make eye contact 30%-60% of the time when speaking instead of the 60%-70% that is needed to create an emotional connection

How to start and end presentations

Any effective presentation has two vital building blocks. It starts out strong and ends on a powerful note

Price: Rs. 1199/-
15 USD

5 seconds

It can take as little as 5 seconds for the audience to determine whether a presenter is charismatic or not

COURSE CURRICULUM

Powerful Introductions
4 Opening Techniques
Memorable Conclusions
5 Components of Conclusions
Start and End with a Bang

*additional taxes as applicable   *all prices mentioned are per each login

Category (3 courses)

___

Presentation Skills

Category (3 courses)

Goal Setting

How to create a personal brand

Personal branding is what makes us different, how we create value for others, and how we market ourselves to others

Price: Rs. 1199/-
15 USD

92%

of people trust recommendations from individuals (even if they don't know them) over organizational brands

– entrepreneur.com

COURSE CURRICULUM

Importance of Personal Branding
Branding vs. Labeling
Elevator Pitch – the 3Ps
Building a Personal Brand

How to set goals

Goals are part of every aspect of business/life and provide a sense of direction, motivation, a clear focus, and clarify importance

Price: Rs. 1199/-
15 USD

COURSE CURRICULUM

Setting Goals in Life
Elements of Goal Setting
the 2 Questions & the 2 Answers
the 5W–1H of Goals
Balance your Goals

14%

of people who have goals are 10 times more successful than those without goals

How to achieve goals

While hard work and massive action are paramount to becoming successful in reaching our goals, neither of these are possible without a positive mindset

Price: Rs. 1199/-
15 USD

3%

with written goals are three times more successful than the 14% with unwritten goals

COURSE CURRICULUM

Why Goals Matter
Achieving Goals
the Mindsets - the Strategy - the Action
the Power of Accomplishment Feedback

*additional taxes as applicable   *all prices mentioned are per each login

How to maintain positive attitude

A positive attitude can improve health, enhance relationships, reduce stress, and increase chances of success

Price: Rs. 1199/-
15 USD

85%

of the reason a person gets a job, keeps a job, or advances in a job has to do with their attitude
- a Harvard study

COURSE CURRICULUM

the Power of Positive Attitude
Mindsets of Positivity
Creating Positive Affirmations
Results of Positive Attitude

How to think proactive

Proactive thinkers anticipate events and try to potentially avoid unwanted situations by taking action

Price: Rs. 1199/-
15 USD

COURSE CURRICULUM

Being Proactive vs. Reactive
6 Levels of Proactivity
Proactivity in Crisis
Be a Proactive Individual

68%

of consumers say a brand's perception becomes positive when companies stay proactive

How to manage stress effectively

Employees with manageable stress levels are happier, more positive and productive, and are able to maintain better working relationships

Price: Rs. 1199/-
15 USD

64%

A survey of 1012 full-time employees shows that 64% describe their job as stressful and 24% have had a panic attack at work

COURSE CURRICULUM

Relationship between Stress and us
Causes and Symptoms of Stress
Impact of Stress
Overcoming the Stress Threshold
Tips and Techniques to overcome Stress

*additional taxes as applicable   *all prices mentioned are per each login

Category (3 courses)

———

Positive Attitude

Category (3 courses)

Productivity & Time Management

The why and how of multitasking

If one becomes proficient at two tasks it is possible to rapidly shift attention between the tasks and perform them well

Price: Rs. 1199/-
15 USD

60%

of one's productivity can get impacted when people unsuccessfully try to process tasks simultaneously

COURSE CURRICULUM

What is Multitasking
Multitasking – Strength or Hurdle
Advantages & Disadvantages of Multitasking
How to Multitask Effectively

How to generate ideas individually

Individual brainstorming, a problem-solving method, stimulates creative thought through various techniques and exercises

Price: Rs. 1199/-
15 USD

COURSE CURRICULUM

Individual Brainstorming
Process and Techniques
the Mindset of Divergent Thinking
Overcoming the Barriers

60%

of CEOs cited creativity as the most important leadership quality, compared with 52% for integrity and 35% for global thinking

How to overcome procrastination

For one to be successful in life we need to do things when they need to be done, and not whenever we feel like it

Price: Rs. 1199/-
15 USD

95%

of the population procrastinates at some point and are less wealthy, less healthy, and less happy than those who don't
– Calgary Haskayne School of Business

COURSE CURRICULUM

What is Procrastination?
Procrastination Styles / Patterns
Technique – Creative Procrastination
Procrastination Bubble to Action Bubble

*additional taxes as applicable   *all prices mentioned are per each login

Subscription plans

Packages: from 3 months to 1 year

Get maximum value through our subscription packages ranging from 3 months to 1 year

Shop off the shelf

Choose from any of our current 24 modules

Customizable package

Customize a package of duration and courses that works for you!

Breaking the Anger Cycle (Free Trial)

The cycle of anger changes our perception of ourselves and our interpersonal relationships; to change this perception, we need to break the cycle

06

Plans

REVATHI TURAGA

Leadership & Team Coach | Happiness Facilitator | Founder-Director, LearnSprint

www.linkedin.com/in/revathituraga

An entrepreneur by spirit and a runner by heart, Revathi has **23+ years** of corporate experience in using practical and inspiring techniques to enable individuals, teams, institutions, and organizations to succeed in personal, career, business, and fitness goals.

A Six Sigma Green Belt certified from GE, Revathi has worked across India, Middle East, and the USA in facilitating, training, coaching, and mentoring, on topics like communication and interpersonal skills, personal productivity and time management, customer relationship management, leadership, public speaking, personality development, presentation and negotiation skills, self awareness, influencing skills, and goal setting.

She is the **Founder-Director of LearnSprint, a self-paced, e-learning portal** with courses on leadership, self-development, interpersonal communication, managerial skills, etc.

Revathi is a **trustee at Turaga Foundation,** dedicated to innovate, enable, accentuate, inspire, accelerate, and celebrate **progressive paradigm shifts** in the fields of education, literature, arts, culture, journalism, gender equality, environment, and architecture.

She is also in the 2021 editorial team of Rundezvous, the monthly newsletter for Hyderabad Runners Society; was also Vice-Chair of Indian Society of Training and Development (ISTD) for Hyderabad Chapter (2011-2013), and Founder-Member & Joint Secretary (2011-2013) for Hyderabad Director/CEO Forum (HDCF); and is a life member of International Association of Holistic Psychology (IAHP), ISTD, NHRD, HMA etc.

An international trainer, inspirational speaker, and innovation consultant, Revathi has expertise in the fields of learning & development, motivation, counselling, result oriented training mechanisms & models, positive psychology, e-learning, IT-ES, and CAD/CAM, etc.

Her certifications include Leadership Coach (ICF-ACC) and Team Coach Practitioner (GTCI), Crestcom Bullet Proof Manager®, Dale Carnegie® High Impact Presentations, Neuro Linguistic Programming (NLP) Master Practitioner, and Hogan; PAPI; DISC; MBTI; 16PF assessments.

A Mechanical Engineering graduate with double Masters in Psychology and Management, Revathi writes articles for reputed newspapers and journals. The author of *"You have the Power"* and *"Unlock – tinker your thoughts",* she is *an element of excellence and bliss!*

Faculty

07

" The courses are well-paced and worthwhile for every minute we spend in video and doing exercises

Aditya Chenna
Senior Director – Operations, AudienceGroup LLC

Learning is complete only when put to practice. With frameworks and tools like journal log to track progress these courses provided exactly what I was looking for

Anil Sadineni
Sr.Principal Engineer, Broadcom Inc

Revathi is one of the rarest few, who know the science, art, as well as the skill of connecting with the audience

Ram Jaladurgam
Head – Learning & Development, Hetero Group

8

Clients

Clients

LearnSprint

Where Outcomes Matter

CONNECT WITH US

📞 +91-9291539560

✉️ outcomes@learnsprint.com

🌐 www.learnsprintsolutions.com

⬤ /learnsprint

⬤ /learnsprint

⬤ /leadershipunlocked

© LearnSprint   www.learnsprint.com