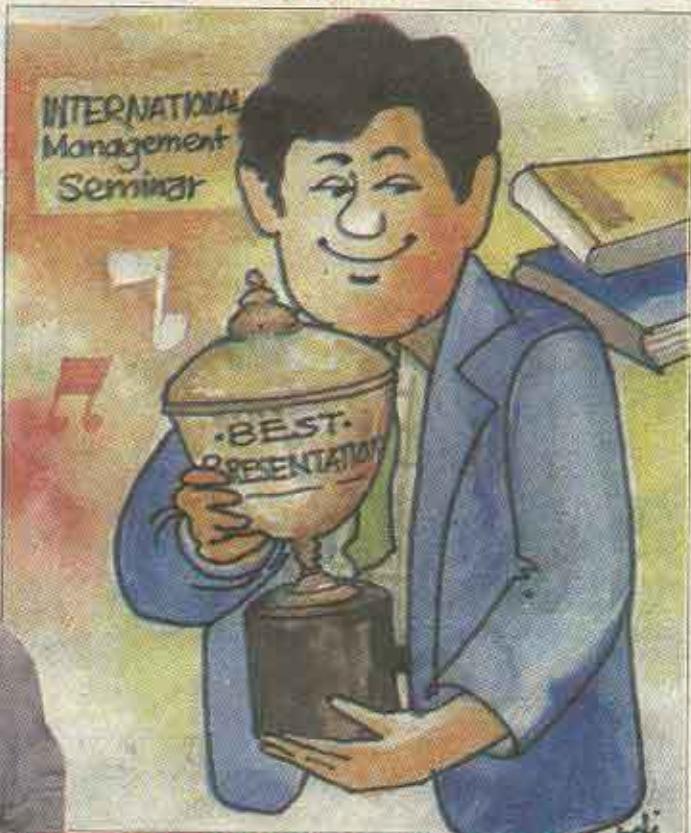


# At work, training people

**M**Y work takes up most of my time, so you can spot me at my office or home. I am not into heavy socialising, no pub hopping for me. I am seen doing what I like best - training.

Corporate training involves a lot of things, and is capable of keeping you on your toes 25 hours a day. Although I specialise in business etiquette programme, I also conduct training sessions in public speaking, presentation skills, personality development and the like. I am also the visiting faculty for a number of business schools. Now we are going to start India's first res-



## SPOT ME HERE

idential finishing school for management students, having already trained the corporates at the school.

I always knew that someday I would be a trainer. Even through my education and management schools days, I nursed this desire. One deciding point of my life was when I represented India at the International

Management Seminar in Germany. That was in 1988. I won a best presentation prize there.

With my schedule packed, I find a great amount of relaxation in reading and listening to music. I believe in knowledge being power, and thus keep constantly updating my existing knowledge. I read a lot of self-development books.

There is another thing I enjoy, and that is listening to western classical music. But before a lecture or presentation, I prefer listening to some soft pop music.

My motto in life is 'Clarity of thought and purity of decision'. If one follows these, I believe that anything can be achieved.

(As told to Priyamvada Kowshik)