

Sunjay Nath

ENGINEERING HUMAN PERFORMANCE

Sunjay Nath (MBA, CSP, HoF)



Program: The Number One Thing That Holds Us Back

If we don't acknowledge the way our personal bias forms our opinions, we can easily be trapped by our own limiting beliefs. The goal of The Number One Thing That Holds Us Back is to make us aware of these biases and learn to question what we really think is impossible. By questioning the barriers and re-approaching from a different perception we can make what was once impossible, possible.

This session is a practical forum where attendees will participate in hands-on activities. Through these activities, they will discover the ways in which we limit ourselves. It is full of humorous real-life examples. Once limitations are identified, we will learn ways to go beyond traditional approaches to achieve goals.

Learning Benefits:

1. Become aware of how we limit ourselves
2. Practice asking questions to move past our limiting beliefs
3. Learn how to apply this information to reduce the "silo effect" within organizations

Why this Program and this Presenter:

1. As a professional speaker with over 2000 live programs on his resume, you will consistently get a top-notch polished program every time. Sunjay was inducted in the Speaker's Hall of Fame in 2018.
2. Sunjay is the easiest speaker you will ever deal with, he is always early, hands in materials when asked, will keep your program running on time and is extremely flexible
3. Sunjay will offer you an opportunity to come and watch a program live to see first-hand reactions and results