

Enriching Lives.



Education For Life

Art of mind management

We strive to bring forth the excellence that already exists in every individual by taping what makes them truly unique and assisting them in discovering a new possibility at every bump in life. Our way of training does not rely on external factors for finding answers to the questions that lie within.

A question can be a doubt, or a query, or, as simple as not knowing what is happening. At any other interval of the day, it is acceptable to doubt yourself, so that, the mind can regroup and find what is missing but not, when it's time to take action that can change the course of one's life. We help young minds navigate so that the destination ahead is clear and without hindrance.

A combination of knowledge and character molds a human being, but the quality at which it can be measured differs depending on what one aims to accomplish. We help achieve individual targets through our training module.

A personality consists of multiple components, but, what we focus on

- Self-confidence – Accepting and trusting oneself.
- Self-control – Ability to regulate one's emotions, thoughts, and behaviors.

- Self-reliance – Rely on one's own effort and ability.
- Self-realizations – Realization of one's own potential and abilities.

Enables An Individual To Rediscover Their Inner Power And Lead A Fulfilled Life.

- What's possible?
- Wealth & Success
- Health and wellbeing.
- Understand one's brain behaviour.
- Opens up new areas of brain performance.
- Increased creativity, focus, memory and concentration.
- High self-esteem.
- Improved communication skills.
- Leadership skills.
- Social and emotional stability.
- Taking responsibility.



Mind Your Mind !!!



Life occurs to all of us in a certain and distinctive way. How is life occurring to you now? Why do we think the way we think? What affects us is what we think about ourselves, about others and situations that have occurred or may occur. We let our minds be consumed, in turn, it controls aspects of our life. We are safe to say that the mind can be molded but who sculpts it, is up to you to choose. An artist with endless potential or an artist with a creative block. The challenge is to prison break from one's mind, free from captivity and sprint towards the rising horizon. The life you had need not be the life you have.

InnerTruth Personal Coaching and Training Program

It is one among the many overall training programs we provide. Being in the field of transformative education for over 25 years, the difference we created has been remarkable. Testimonials are available upon request.

Transformation

According to the Oxford Dictionary transformation means change, alteration, conversion, metamorphosis, revolution, transmutation. When people experience transformation, people change the way they interpret their experiences and their interactions with the world. An individual becomes aware of holding a limited or distorted view. The

individual critically examines his view, opens himself to an alternative and consequently changes the way of seeing things. They transform some part of how they make meaning out of the world. The idea of a fundamental change in perspective or frame of reference is at the heart of transformative education.

Individuals change their views about themselves, the world and how they interact with others and the environment. Individuals will experience transformation in their thinking consciously and explicitly. They come to understand that they have held a limiting view of the world or how things work. They now shift their thinking to accommodate a more accurate and expansive understanding of themselves.

Transformative education enables a deep structural shift in the basic premises of thought, feeling and action. It shifts the consciousness that alters the way of being in the world, understanding ourselves, our relationship with ourselves and others in the world, and envisioning alternative approaches and possibilities to a situation which is thought to be unworkable. Taking actions with awareness or consciously and living in the present.

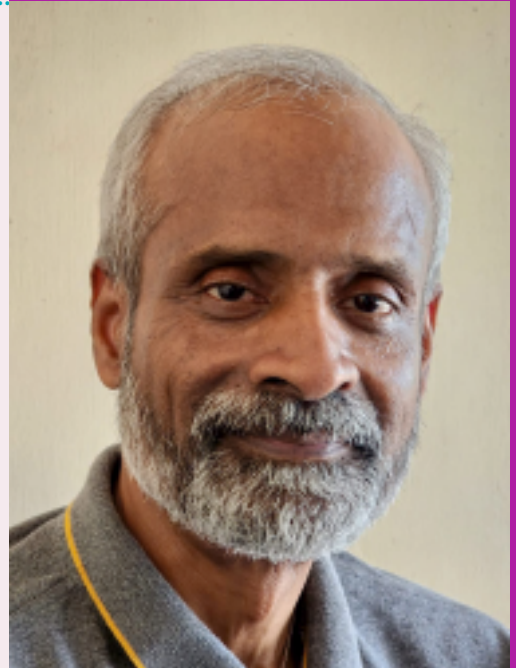
Dr (HC) Shyam kumar P K

Founder of InnerTruth

Family & parental coaching specialised
in counselling & transforming young
lives | Trainer & facilitator | Freelance
counsellor | Life coach

Shyam has been in the field of transforming lives for over 25 years with a great sense of fulfilment in having transformed the lives of students through education for life. It has also been his mission and passion to reach out to them so they lead a life they love.

- Coached over 2000 students in regular and residential schools for the destitute.
- Working with homes for destitute children, below the age of 10 and adolescents whose parents are mostly prison inmates or have abandoned them.
- Worked with corporate clients to achieve their goals and help their staff to manage stress.
- As a resource person: conducted sessions and workshops in schools, colleges and management institutes for over 20000 students. We have also worked with corporates and public sector organisations.
- Conducted sessions and workshops for faculties of top management institutions.
- Assisted as a coach, communicator and volunteer for an international training and development company for more than 15 years.
- Conducted workshops for over 500 teachers to empower them to manage students of a different calibre.
- Conducted seminars and individual sessions for over 3000 parents on parenting.
- Counselling individuals to overcome health issues, substance abuse and suicidal tendencies.
- Mental health counselling, marital, relationship counselling, guidance & career counselling.
- Worked with alternative therapies as a part of the healing process.



Glimpse from wrokshops & sessions



Training Programs we offer:



- Schools/Colleges
- Teachers/Lecturers development program
- Students' development program
- Management Institutions/Engineering College
- Faculty development program
- Corporates/Medium and small scale industry
Management/Middle management/Employees training program
- Counselling and coaching for individuals and groups
- Workshop on parenting
- Family counselling and coaching
- Guest lectures

*We conduct programs on Mind Management weekly/fortnightly/monthly.
Sessions are designed to spread across 3-6 months duration.*



We want the education by which character is formed, strength of mind is increased, the intellect is expanded, and by which one can stand on one's own feet.

-Swami Vivekananda



Where there is righteousness in the heart, there is beauty in the character. Where there is beauty in the character there is harmony in the home, where there is harmony at home, there is order in the nation. Where there is order in the nation there is peace in the world.

-Dr. APJ Abdul Kalam

Education is not learning of facts, but training of the mind to think.

-Albert Einstein



Teaching is the profession that teaches all other professions

- Anonymous





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INNER TRUTH
PERSONAL COACHING &
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