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# MENTAL SWITCH

Inner transformation



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# 01

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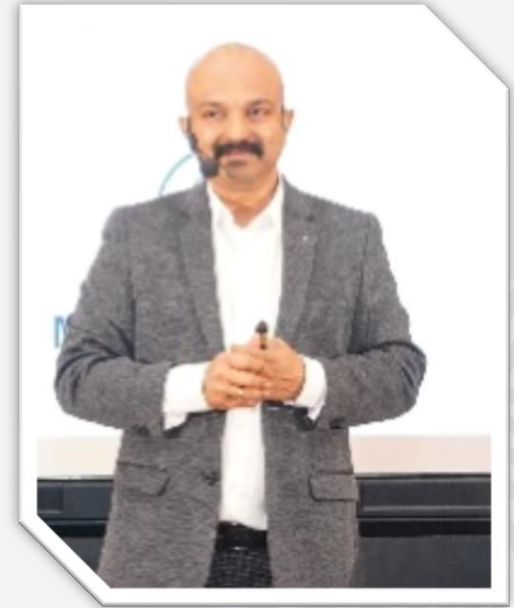
# Introduction





# Who is he.?

**R. Sharath Singh** is a seasoned life coach, acclaimed speaker, published author, and successful entrepreneur. His area of expertise lies in simplifying learning for busy corporate professionals, making it both enjoyable and effective by applying principles from neuroscience. Sharath has collaborated with prominent corporate organizations such as Accenture, AT&T, Cognizant, HCL, IIT Madras, Amazon, Valmet, and Vestas. Additionally, he has an extensive track record of working with educational institutions, where he passionately shares his knowledge of the neuroscience of learning with parents, teachers, and students, ensuring that the learning process remains accessible and enjoyable.



**A picture always  
reinforces  
the concept**



**01**



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# Concept



# HAVE YOU EVER..!

- Have you ever noticed how everything seems manageable when you're in a good mood?
- Or how a problem doesn't seem so serious after you've woken up from a good rest? Ever noticed how a phone call to a friend makes you feel so much better?
- The effects of our mental health are experienced in every aspect of our lives. Our moods, physical health, and social connections help us cope better with adversity and unexpected hurdles. Together, they contribute to our sense of wellbeing and our mental health.
- By taking a proactive stance of improving, maintaining, and nurturing our mental health, we can ensure that we live healthy, productive, and meaningful lives.

02



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# Process





# **Our activities are based on Experiential learning.**

Experiential learning is the process of learning by doing. It involves engaging in hands-on experiences and reflecting on them. By connecting theories and knowledge learned in the classroom to real-world situations, learners gain a deeper understanding of the material. This approach recognizes that learning is an inevitable product of experience, and it encourages active engagement and reflection.

# Our activities are based on Experiential learning.

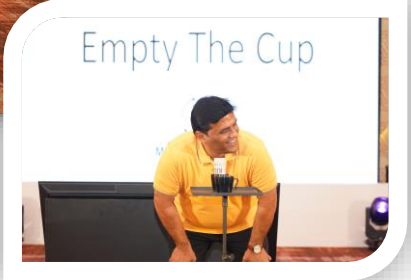


**Our activities are based on  
Experiential learning.**





**Arrow of suffering**



**Empty the cup**

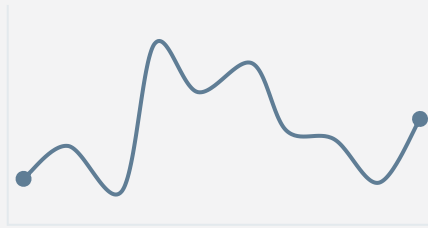


**Conquer your fear**



## Life Balancing

**03**




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# Objectives & Outcome







Using this Enlightened Team system approach better supports your clients, management, leaders and members to build better connection and communication, increase performance, and experience an overall higher level of "WOW."



**A picture is worth a thousand words**



# 4,196

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Reached audience's attention





**196h 50m**

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Over all Session covered

**18**


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Venues

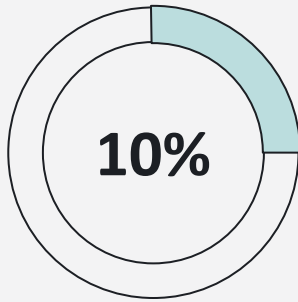
**2,800 km**

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Travelled

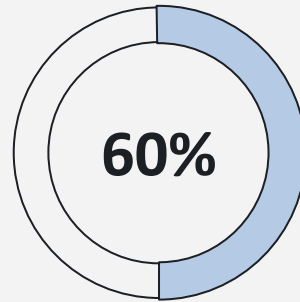


# Audience we covered based on Age group



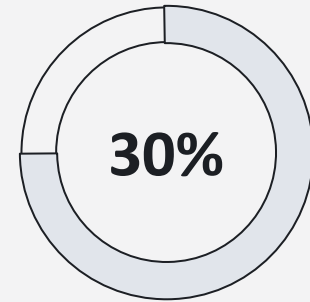
**15 - 20**

Youngsters



**35 - 50**

Middle age Adults



**20 - 35**

Young Adults

# This is a map



**Mars**

Mars is very cold



**Mercury**

Mercury is small



**Venus**

Venus is very hot

Follow the link in the map to modify its data and then paste the new one here. **[For more info, click here](#)**



# A learning cycle always works well

- Reflective Observation
- Abstract Conceptualization
- Active Experimentation
- Concrete Experience



# Our Clients







# Thanks!

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**Do you have any questions?**

Sales@mentalswitch.in

+91 9962107168

www.Mentalswitch.in

