

An Invitation to Growth...

Welcome to



LIFE ACADEMY

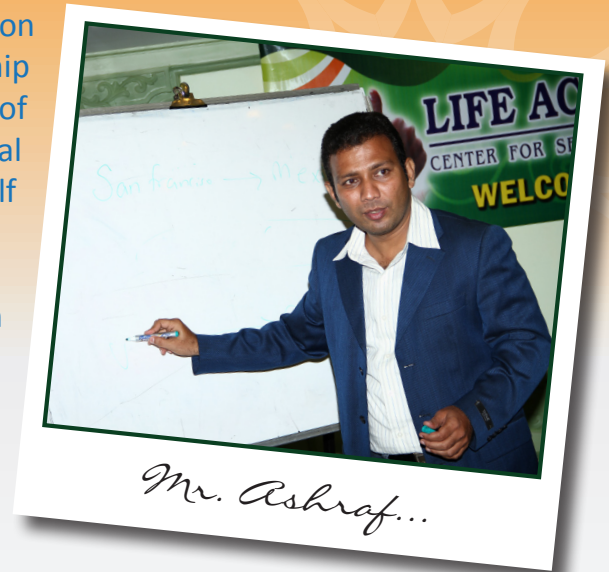
..... *Being and Becoming*



..... ORGANIZATION

Life Academy is a life skills training organization dedicated towards the development of leadership skills within individuals and for the actualization of human potential through the process of “experiential learning”. Life Academy serves as a forum for self expression and a laboratory for self development.

Life Academy was started in May 2002 by Ashraf with a passion for learning and sharing. Life Academy has over the years has conducted more than 600 training programs benefitting thousands of people. More and more people are joining Life Academy as members in their quest for a great life.



Mr. Ashraf...

..... VISION

“To empower individuals/organizations to perform at the peak of their potential.”

..... MISSION

“To provide innovative learning programs that enable people to become leaders in their sphere of activity.”

..... PROGRAMS

Life Academy conducts “EMPOWER LEADERSHIP PROGRAMME” - an ongoing series of life transforming experiential training programs through which you learn powerful leadership principles and success strategies. You begin to realize that you no longer need to let circumstances lead and direct your life. Instead you learn how you can lead and direct your life based on your own values. Your attitude of life undergoes a total transformation and you begin to see clearly what is stopping you from living the life you dream. You get a vision of what is possible for you in life.



Programs...



Programs...

The programs cover the following topics:

- Personal Effectiveness
- Communication Skills
- Leadership / Managerial Skills
- Stress Management Strategies
- Neuro Linguistic Programming
- Goal Setting & Decision Making
- Time Management Techniques
- Super Memory techniques
- Team Building
- Assertiveness Training
- Parenting skills
- Change Management
- Conflict Management
- Emotional Intelligence
- Interpersonal Relationship Skills
- Creativity and Innovation
- Presentation Skills
- Financial Freedom
- Peak Performance
- Professional Selling skills

..... LIBRARY

Life Academy has a unique and rare collection of educational resources which includes self development books, audio, video and multimedia programs. A member gets free access to the library. (Please visit our website to get the complete list of the library programs)



Library...

..... FACULTY

Life Academy has expert trainers from the areas of Psychology, Management and Behavioural science as faculty.

..... ASSOCIATION

Life Academy acknowledges the fact that we live in a inter-dependent world. The environment in which we live and the people with whom we associate regularly has a great influence on us and to a large extent determines what we will do and who we become.

Life Academy endeavors to create a healthy, happy and harmonious society where everyone supports one another in living a successful life. To realize this objective, Life Academy has formed a mastermind group to harness the collective wisdom. This Mastermind group is an alliance of growth oriented individuals who are dedicated to creating progressive changes in their lives and in the society.

Our goal is to CARE, SHARE and GROW together.



The Team...

FOR WHOM

For individuals and organizations who aspire to actualize their full potential.

METHODOLOGY

It is a plain fact that people learn more by “doing” than by listening. Our training methodology is based on this principle of “experiential learning.” These include modern scientific techniques such as NLP (Neuro linguistic programming), Special learning games, Roleplays, Dramatics, Case studies, Neurobics, Catharsis and Peak performance exercises (including walking barefoot on Fire & Broken Glass pieces)



Methodology...



Methodology...



Methodology...



Methodology...

LIFE ACADEMY

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