

Tour de Force  
presents

a . g . a . m .

**A NEW BEGINNING**

## *Tour de Force brings in cutting edge knowledge*

- *To empower the 21<sup>st</sup> century professional/millennials across industries*
- *To upscale and bring in right effectiveness in personal life.*
- The new methods of training applied by TDF has a deep impact, hence breaking ineffective habits of an ‘average person’

Thus A.G.A.M was born

# A.G.A.M

## ACCELERATED GROWTH OF ACHIEVING MINDS

30 HRS. OF ENRICHMENT SESSION FOR STUDENTS  
UNDERGOING GRADUATION AND POST GRADUATION



TOUR *de* FORCE  
METANOIA!



SOME CANDID MEMORIES

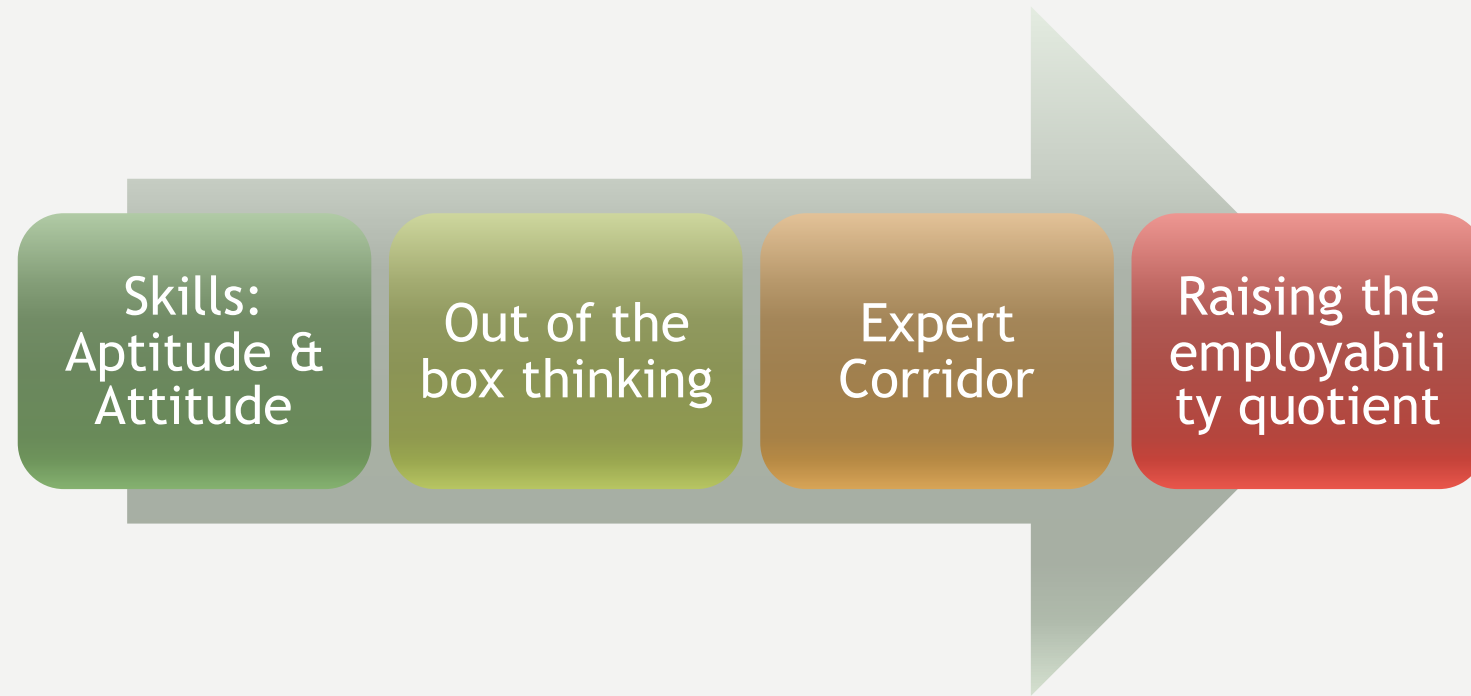


TOUR *de* FORCE  
METANDIA

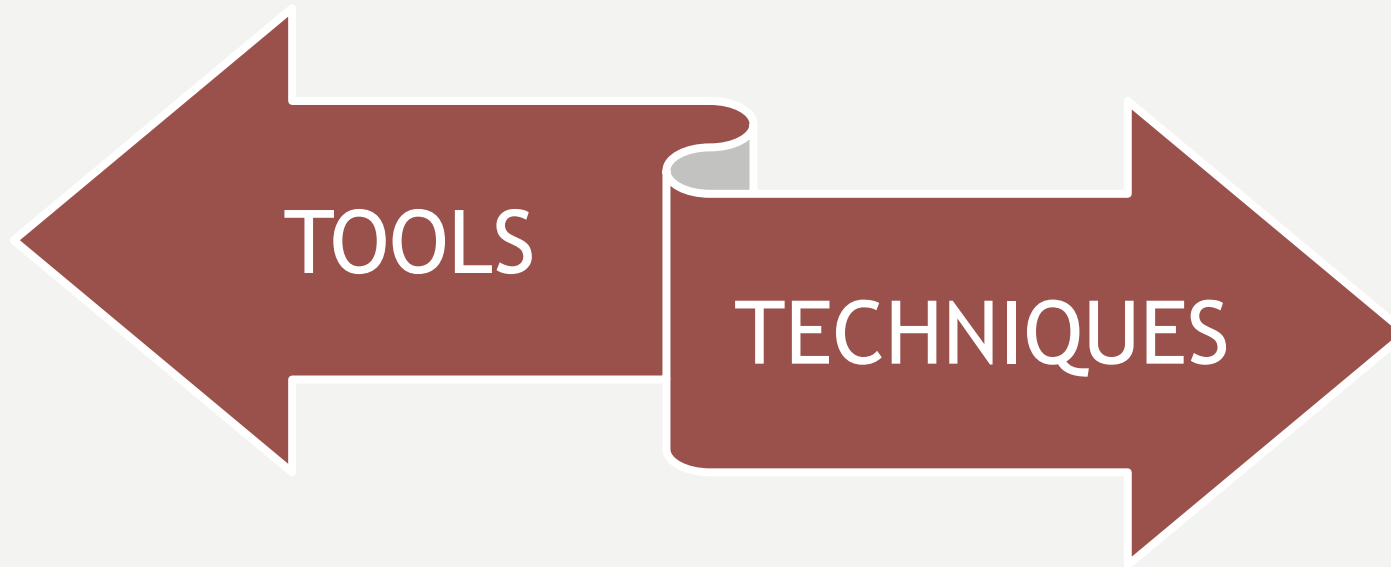
*In an increasingly dynamic and ever evolving commercial world, men and women who can show knowledge of the ethics of business and have the ability to put that knowledge into good practice will have that crucial edge over their competitors. This is a future forward move to empower the*

*‘Millennials’*

## 4 PILLARS OF A.G.A.M.



A STRONGER WITHIN UNLEASHES SELF POWER  
AND TO UNLEASH THIS POWER  
WE HAD SOME UNIQUE



# MIND MAPS & ACTION BOARD

This is a tool that will help the students to map their career and fill in the gaps they would not have thought earlier. This session will be following with an ACTION BOARD....an extension of the Mind maps to map concrete action plan for their goals and also be prepared with unknown factors.





# SPEED READING

We are living in a world of information overload. Whether a person is hitting the textbooks in philosophy class or reading the morning newspaper, reading can be tedious. Train oneself to speed read to get through these tasks much faster. Reading faster does lead to less understanding, but with practice one can overcome some of this effect.



**Maximum information grasped in less time.**

**2 hrs**



# EXPRESS TO IMPRESS

This is a world to impress the decision maker with power talk and power language.

Visibility leads to Credibility that leads to Profitability.

Whether it is a group discussion or interview, every student should be able to talk and express to get noticed of their abilities in front of the stake holders.

Mentoring in this field will initiate to further enhance all the other skills required to empower the professional within.



**Power talk with powerful language**

**4 hrs**

# APTITUDE

This skill has many answers to various career move a student can make today.

The topics covered will give a comprehensive knowledge on how to solve the problems and become more prepared to help towards a rewarding career.



**Initiating the logical reasoning**

**4 HRS**

# SELF DEFENCE

Self defence releases the power up hormones that re institutes a person's faith and courage to handle the most raw of the situation.

The girls will be empowered with psychology and physiology to deal with the situation and build the dare and courage required to face challenges of all sorts.

**Empowering oneself all the time**



**3 hrs**

# PEAK PERFORMANCE

Tools of affirmation, visualisation, strategy, building the Spartan in oneself will be shared and support groups to form. This will ensure that each is able to apply the tools on a regular basis.

Any performance that leads to successful results needs to be in constant state of application. Only massive action brings in the right change and if it is consistent, it leads one to be a peak performer



**Peak Performance and attitude of consistency instilled**

**3 hrs**

# INTERVIEWS, GROUP DISCUSSION, RESUME WRITING

The preparation time to graduate from the campus and deep dive into corporate expectation, leads the students to take steps towards empowering the interview skills and get the nervousness out during group discussion.

This preparation creates the inner confidence and expresses one's capabilities and cope-abilities, resulting in more stronger and more resilient candidate.

**Capabilities embedded for firm foot prints in  
Corporate world**



**4 hrs**

# BUILDING YOUR OWN BRAND

Social Branding has become a main stay to create a professional visibility. It is in the smart projection that can fetch many a queries for the skill you possess.

Linkedin is a very important tool. Participants are requested to create an account and connect with me as I have over 4K contacts which may help the students in one form or the other.

**Becoming Visible leads to strengthened Credibility**



**2 hrs**



# MIND HACK

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The thoughts that we entertain are so important to be a person of strong values and ethics.

We headed towards **Decoding the brain** and how living from a memory (past) can be depleting while living from inspiration (Now) can bring in vigor and energy to face any challenge in life.

**Power of Visualization** confirmed that the brain's language is visual and attuning ourselves with strong images decodes the worry or depression.

**Belief patterns disrupted through scientific methods**



**2 hrs**

# THE AGAMATHON

Each person will be given the chance to express and impress the college key stake holders and a display of all that is learnt and understood will be created by the participants in the most innovative manner.

The THINK TANK at work will be awarded on Presentation, Creatives & Management factor

**The Prelude**



**2.5 hrs**

# CLOSING CEREMONIES



**Certificates are given to each participant who successfully completed A.G.A.M.**



## Shilpi Khandelwal



- A competent professional with over 16 years of experience in soft skills and behavioral training in all verticals to
- Completed Coach Certification program from Franklin Covey, NLP Masters from NFNLP and a Practitioner DISC profiler through Thomas International
- Proficient at giving customised modules tailor-made for the client's need with a thorough 10 step program
- Hands on expertise with training over 10,000 adults and 5000 children
- Good understanding of the challenges and dilemma faced by the 21<sup>st</sup> century professional
- Possesses good command on delivery style and always reinventing the structure to drive home learnings and its easy applications.
- Sound knowledge of industry and tools to be used to deliver a measured change
- An effective communicator and a consistent professional with an urge for holistic and intellectual growth
- Currently working as a CEO of Tour de Force, a soft skills and behavioural solutions company.



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