

“DON'T JUST TAKE OUR WORD... TAKE THEIRS”

Testimonials Of Other International Participants

Excellent session for everyone! Thank you for sharing ways to manage stress both at the workplace and home anywhere.

- Elizabeth Blow - Deputy Training Officer - U.S. Coast Guard - U.S.A

I feel more energized. It is going to help me improve my job performance.

- Anne Jorritsma - Learning Leader Europe - GE Plastics – Netherlands

Excellent. The best workshop at the world conference of IFTDO (International Training & Development Organization).

- Zarina - Head HR - Abrar – Malaysia

The session was very informative and fun.

- Randy Brown - Training Professional - Lockheed Martin - U.S.A

I appreciate the tips provided and definitely see myself using them. Nikhil is a very Inspirational speaker with good insights into human behaviours.

- Veronica Waiyaki - HR Manager - Capital Markets Authority – Kenya

Excellent session by Nikhil Desai which made me feel alive and great!

- Faiza Jacobs - Staff Officer - SA Air Force - South Africa

Very beneficial and enjoyable workshop.

- Kevin Downsworth - MD - First Position Performance Develpt – UK

I am feeling relaxed, fresh and energetic after the workshop. Very useful to release stress.

- Ahmad Imrat Samad - Executive - Training - Malaysia Airlines – Malaysia

I have suffered from stress related health issues for many years...anxiety attacks TMJ, sleeplessness and take more pills than I can name, trying to control them. I am looking forward to trying these exercises on a regular basis, as my job is very fast paced and stressful. I can see how I could fit them into my day, as they made me feel very relaxed and in control after this very useful session.

- Susan Martin – Steelcase – USA



A great experience for energizing not only myself but participating in such a worthwhile session.
An excellent balance of exchanging knowledge & gaining practical exercises for lasting benefits.

Thank you Nikhil!

- Christine Marsh - Director - Prime Objectives – UK

A fantastic moment of life where I was able to see reality.
This session the best thing that I have gained.

- P. T. K. Ramakrishna - Group HR / Admin - Setmil Group – Colombo

The session was great & very helpful !

- Fathir Salihm - World Learning – Kosova

Thank for a wonderful session. I feel great after attending it will practice this regularly in the future.

- Noreen Armstrong - SAP – Ireland

Nikhil, you are a wonderful speaker, giving energy to the audience.
Best Wishes!

- Daniel Ekman - Project Manager - Volvo Group – Sweden