




Achieve[™]
ThySelf
dreams to reality

*Unlock &
Unleash
Your Potential* 

LIFE COACHING

BUSINESS COACHING

CORPORATE TRAINING

PERSONAL DEVELOPMENT

LEADERSHIP DEVELOPMENT

We don't provide solutions,
we help you...

**FIND YOUR
SOLUTIONS**

OUR PHILOSOPHY



Achieve victory over self thereby growing as an individual



Take responsibility and ownership of your life



Only happiness within can spread happiness around



Arvind Khinvesra, PMP®
B.E., M.M.S.
Certified NLP Practitioner

OUR PASSION - Helping You Help Yourself



Passion of helping people realize their purpose in life, discover their hidden potential and achieve their dreams was the driving force behind, a Life Coach and Corporate Trainer, starting the initiative of "Achieve ThySelf".

Arvind brings in value by sharing his vast experience of 22 years in Information Technology and Manufacturing domains. Having experience of managing project teams in India, China and USA and interacting with people on the shop floor to the CIOs and CEOs, he is able to drive home the concepts with real life examples.

Arvind has coached CEO's, managers and students helping them transform their professional and personal life. He has developed and conducted customized trainings based on the needs of the organization

OUR PROGRAMS



LIFE AND BUSINESS COACHING

“ The great thing in the world is not so much where we stand as in what direction we are moving

Oliver Wendell Holmes

- Personal sessions - 3, 6 or 12 months
- Open Workshops



CORPORATE TRAINING

“ An organizations ability to LEARN and translate that learning into ACTION rapidly is the ultimate COMPETITIVE ADVANTAGE

Jack Welch

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|------------------------------|-----------------------|
| ➤ Soft and Behavioral Skills | ➤ Project Management |
| ➤ Interpersonal Skills | ➤ Campus to Corporate |
| ➤ Business Communication | ➤ Technical Trainings |
| ➤ Business Essentials | |



LEADERSHIP DEVELOPMENT

“ The single best way to impact an organization is to focus on leadership development

John C. Maxwell

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|-----------------------|-----------------------|
| ➤ Team Coaching | ➤ Conflict Management |
| ➤ Delegation | ➤ Effective Meetings |
| ➤ Presentation Skills | ➤ Performance |
| ➤ Negotiation Skills | ➤ Appraisal |
| ➤ Team Building | ➤ Feedback |



PERSONAL DEVELOPMENT

“ The only person you are destined to become is the person YOU decide to become

Ralph Waldo Emerson

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|-----------------------|----------------------|
| ➤ Public Speaking | ➤ Stress Management |
| ➤ Presentation Skills | ➤ Parenting |
| ➤ Goal Setting | ➤ Negotiation Skills |
| ➤ Time Management | ➤ Creative Thinking |

TESTIMONIALS

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A genius of a coach, who makes his CLIENTS look like geniuses! Arvind coached me for my talk. Arvind suggested starting big, getting people on their feet, to energize the audience, talk about

being in tune with the audience and then, he had an even better idea. "Piyush, consider closing the speech by doing something unusual."

My first speech at an external forum went so well, that I was asked back to speak a month later. There is no bigger compliment than that. I couldn't have done it without the inspiration and confidence that Arvind gave me. He trains you in a manner that keeps things exciting and adds new and different twists for each new audience. I actually love motivational speaking now and look forward to each and every opportunity

CA PIYUSH CHHAJED

Partner, Chhajed & Doshi

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I joined the course more as a formality rather than from a strong desire for transformation. I believed that with my experience and exposure, a few hours sessions could not add

much value. But hats off to Arvind for his skills and persistence in getting me deeply involved in the sessions and truly introspect. I can recommend the session with a lot of confidence since it managed to bring about a transformation in me and got me thinking about my life and career in ways that I had forgotten I could think.

SHAILENDRA JADHAV

Head - New Markets, Remarketing & Procurement

Arval - BNP Paribas

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Throughout my life, so far, I was never comfortable speaking formally even in presence of 2 people. After attending 10 sessions of Art of Public speaking at Achieve ThySelf, my confidence

increased multifold and now I feel no fear even if I have to address an audience of 100 in a conference. This public speaking course was a wonderful experience and I would strongly recommend others to attend this program. Though initially I felt I had to take productive time out from my business, it turned out to be a worthy investment where in return it changed my life by making me comfortable when it comes to speaking in front of a new audience.

NARESH JAIN

Director, Welcome Gifts

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When chips are down in life, we tend to try changing and blaming a lot of external things. Arvind helped me realize how easy it is to achieve what you want by following some simple

rules in life in a structured way. I am already on the journey to achieve my goals, thanks to Achieve ThySelf.

MAHAVEER BAGRECHA

Standard Chartered Bank

COACHED AT:

accenture
High performance. Delivered.

G P Offset Pvt Ltd

Anupam

CHHAJED & DOSHI
CHARTERED ACCOUNTANTS

IDBI BANK

IndusInd Bank

L&T Infotech

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Fashion Industry

Piramal Water
knowledge action care

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