

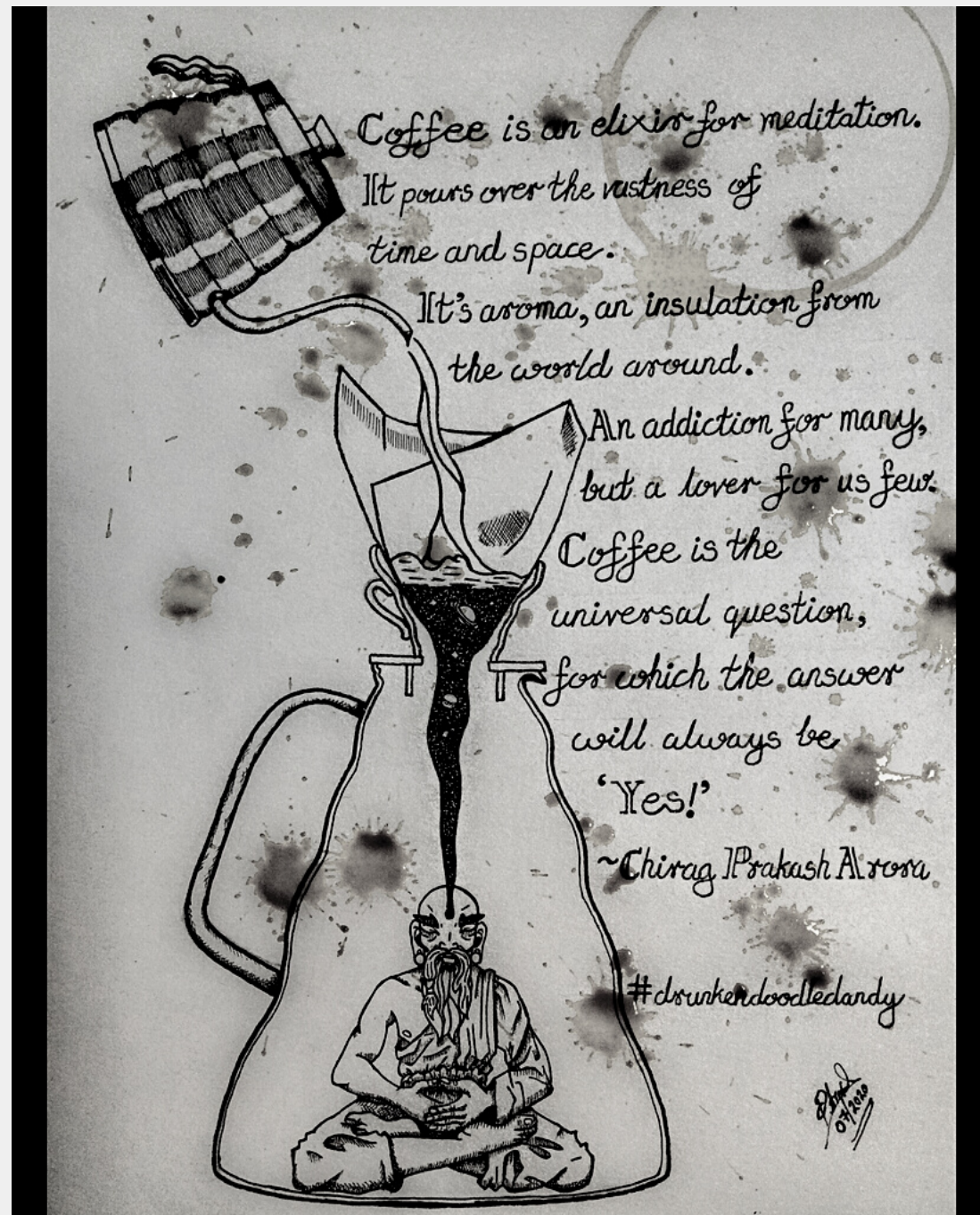
*Chirag Prakash Arora*

# Trainer

F&B, Soft Skills, Product and Process



With Indian and Overseas experience in multiple industries and sectors, I aim to share the teaching of my journey so far with those who wish to learn and grow as individuals and leaders in their respective specializations. With the following of "Seva Parmo Dharm", Service is my First Religion, I aim to bring out the human touch in the rigid corporate environment.



# Creative Content Creator

## Custom Art and Write Ups

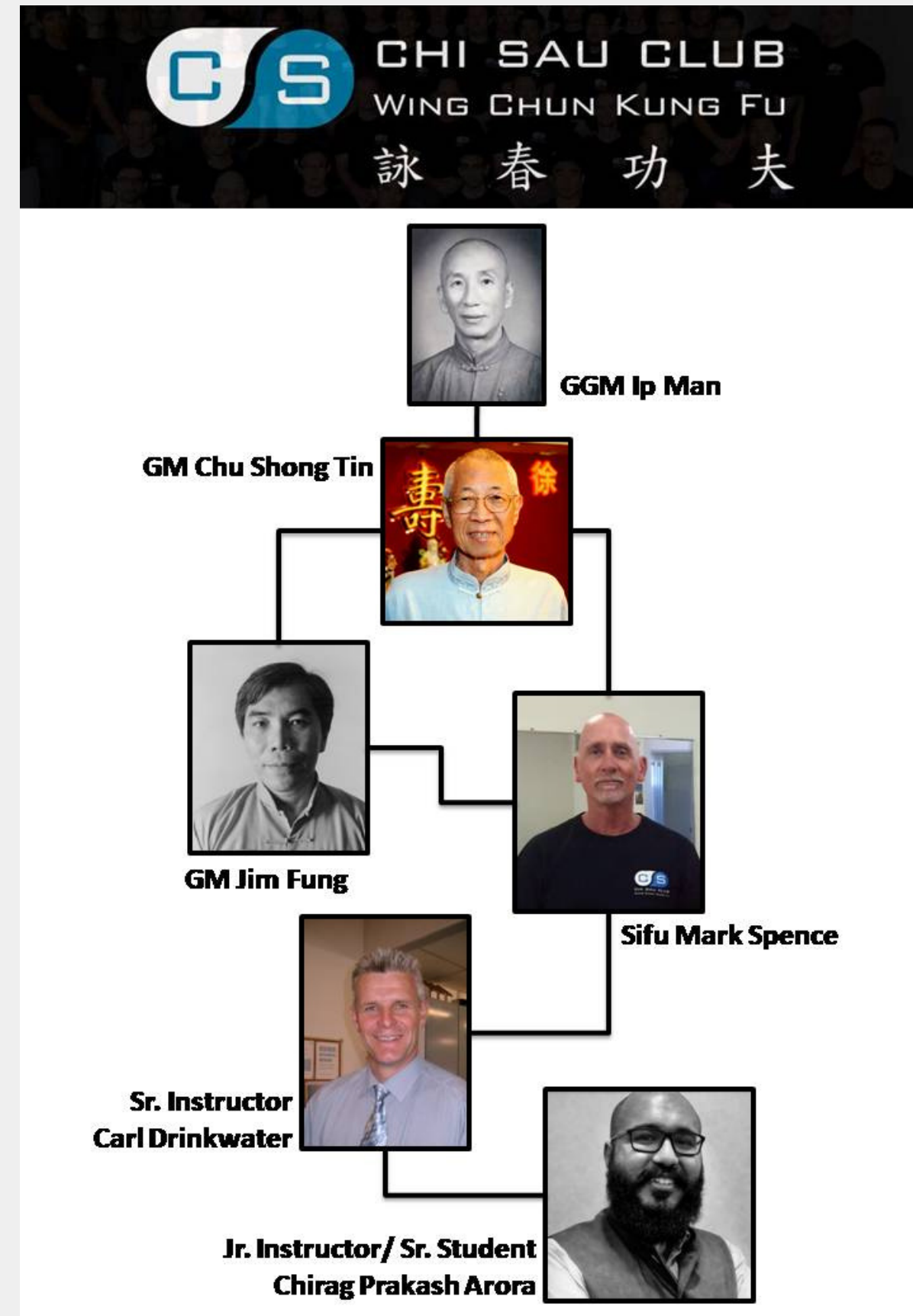
Creativity of any kind is an escape from the Corporate Jungle we live in. I create customised and personalized art work, shayaries, write ups and much more for people on order. This gives me an opportunity to do what I love as well as connect with and understand individuals on a much deeper level in this superficial world

# *Martial Arts*

## Self Defence, Mindfulness and Wellness Training

With experience in 5 different styles of Martial Arts from accross the globe, I am but a humble student who wishes to share his learning with all as in this present day and age, mindfulness and physical and mental wellness are of utmost importance.

Along with personal wellbeing, knowing how do defend oneself and our loved ones is also very important



# *Contact Me*

For any queries, orders or discussion, please feel free to contact me on any of the following:

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