



**CORP RETREATS**  
work life balanced

**INSPIRING PROFESSIONAL FULFILLMENT**

# ABOUT US

CorpRetreats inspires professional fulfillment through corporate programs, coaching, consultancy and keynote solutions in Communication, Leadership, Wellbeing and Organisational Design for current and emerging leaders, from SME to Fortune 500 Companies.

Our hyper-personalized training approach combines, top-notch curriculum with certified coaches and expert facilitators. cultivating diversity of thought, perspective, and experience. Our wide range of expertise and experience, agile innovation, high-level individual feedback, the depth of our training content, and our end-to-end programme curation with a keen eye for detail ensures an exceptional experience .

# WORKSHOPS & TRAININGS

CorpRetreats Programs are designed to help your organization unlock potential and improve employee professional development. In today's business world, employees need to possess a combination of technical skills and professional practical abilities, and Hard and Soft Skills that are suitable for both online and face-to-face communication and presentations.



# LEARNING AND DEVELOPMENT

**LEADERSHIP**

**COMMUNICATION**

**ORGANISATION**

**WELLBEING**

# LEADERSHIP

Our leadership development programs are designed using in-side out approach. We believe that personal leadership philosophies influence the way leaders influence their people and the business. And that is why the focus of all our leadership starts with personal leadership. This enables leaders with all the required personal leadership characteristics that is needed to lead the workforce and the business.

We then work towards building the competencies for people leadership. Things like how to influence others, how to gain conversational mastery, etc are some of the competencies that we focus on and finally these are further strengthened by business leadership competencies.

Also, our leadership development programs are designed in various formats. We offer a 2 day competency specific program to 6 month leadership academy which covers all dimensions of leadership development.

# LEADERSHIP



**FIRST TIME MANAGERS**



**STRENGTHS BASED  
LEADERSHIP & EI**



**LEADING POWERFUL TEAMS**



**CHANGE MANAGEMENT**



**COACHING SKILLS FOR MANAGERS**



**GRAVITAS**



**PRACTISING-ORBIT OF  
PERSONAL MASTERY**



**PROBLEM SOLVING & DECISION  
MAKING**



**BUILD HIGH PERFORMANCE  
CULTURE**



**LEADING CHANGE**



**VIRTUAL LEADERSHIP**



**EVERYDAY LEADERSHIP  
FRAMEWORK**

# COMMUNICATION

We believe that the traditional Communication skills of teaching someone the methods of communication or equipping them with skills will not give the results that we want. Communication just like many other skills requires us to work on our mindset first and then learning the skillset and the tools required to communicate well. The team at CorpRetreats focuses on building the Mindset.

MINDSET	What we tell ourselves has a major role in how you communicate with others. We work with you to master the communication with self first.
SKILLSET	Developing the skill of communication requires you to first know the gap and then learn harness the power of right practice to bridge the gap. We partner with you to first find the gap and then bridge the gap.
TOOLSET	The modern workplace demands you to master the various tools to communicate better and expand your influence. We partner with you to master these tools.

# COMMUNICATION



**FIRST IMPRESSIONS (BODY LANGUAGE)**



**CONFIDENCE & CERTAINTY**



**INFLUENCE & PERSUASION**



**MASTERING STORYTELLING IN PRESENTATIONS**



**IDENTIFYING AND ELIMINATING THE BARRIERS**



**MASTERING STAGE PRESENCE**



**EXECUTIVE PRESENCE**



**GRAVITAS**



**ACTIVE & EMPATHETIC LISTENING ,ASKING QUESTIONS,INTERPRETING RESPONSE,THE ROLE OF SILENCE**



**MASTERING EMAIL WRITING , MASTERING TELEPHONE COMMUNICATION**



**IMPACT OF RIGHT COMMUNICATION ON TRUST & COLLABORATIONS**



**HANDLING CONFLICTS PROACTIVELY**



# COMMUNICATION



**CONVERSATIONAL MASTERY**



**CUSTOMER CENTRIC  
COMMUNICATION**



**HIGH IMPACT PRESENTATIONS  
SKILLS**



**CONFLICT MANAGEMENT**



**STAKEHOLDER MANAGEMENT**



**GIVING RECEIVING FEEDBACK**



**BEING ASSERTIVE**



**HOW TO PITCH**



**HOW TO CLOSE A DEAL**



**OPTIMISING CLIENT  
RELATIONSHIP**



**ENHANCE YOUR CLIENT  
EXPERIENCE**

# ORGANISATION

The design of an organisation is not just about writing a strategic plan. It involves an intricate blend of culture, leadership, team dynamics, energy, strategy and organisational architecture. How are teams formed? What are the patterns of working behaviours? How are lines of reporting constructed? What are the decision making processes? How are communication channels created?

We work with you to understand your organisational needs, create a strategy to focus your resources, support change management processes and monitor organisational effectiveness.

We facilitate a discovery phase where we gain an understanding of what the problem, issue or challenge your company is facing. This is followed by a gap analysis to identify the true root cause, rather than the symptoms that are presenting themselves on the surface. From there we apply an integrated organisational design process, that has people and culture placed in the centre of all decisions.

At the heart and soul of an organisation is its people and the collective culture of the organisation. Our approach ensures that the Business Strategy and People Strategy are aligned and implemented in parallel. We can support your organisational strategy and design through the following options:

# ORGANISATION



**CLARITY OF PURPOSE**



**INTRODUCING THE  
STRENGTHS CULTURE**



**HIGH PERFORMANCE  
CULTURE**



**GRAVITY OF LEADERSHIP**



**ENERGY TO PERFORM**



**ADVANCE YOUR STRATEGY**

# WELLBEING

Wellbeing has become the number one priority in many organisations and is fast becoming the centre of strategic decision making. How can you support the wellbeing of your employees and teams? Our Wellbeing training programs focus on energy management, taking control and adapting to change, developing a positive performance mindset, proactively looking after your wellbeing, and being a healthy organisation..



# WELLBEING



**ATOMIC HABITS**



**EXTREME EMOTIONAL  
RESILIENCE**



**5 MINUTEST EMOTIONAL DETOX**



**THE POSSIBILITIES OF MINDSET**



**PRACTICAL SELF HEALING &  
MEDITATION TECHNIQUES**



**REDEFINING COMMUNICATION  
AND RELATIONSHIPS**



**HANDWRITING ANALYSIS AND THE  
MINDSET**



**EMOTIONAL INTELLIGENCE**



**SOUND HEALING**



**DANCE-ZUMBA,SALSA, CHA-CHA &  
BELLY DANCE, JAZZ, MODERN  
CONTEMPORARY, BHANGRA, GIDDA,**



**HATHA YOGA, BREATH WORK**



# OUR TEAM

Ruchi Sethi founded CorpRetreats in Nov 2021, at Indore India, after a successful stint at Speakers Insitute as the COO and Managing Partner, India & working directly under Sam Cawthorn for 8 years.

She's a professional Speaker Critique, presentations curator, and qualitative researcher. She has an unrivalled eye for detail and can determine what a person must change to exert influence, even if it's at a subconscious level.

Helped some of the best Trainers/Speakers/Coaches in India, Singapore, and Australia build high-impact presentations. She continues to touch lives by organising and assisting learning development teams in curating and delivering high-quality Corporate training programmes leveraging her knowledge and global networks of industry experts and certified trainers.

Born and married to an Army officer, She acquired her managerial and leadership skills by watching her father command and lead soldiers in unfavorable terrains and her mother manage the soldiers' families during the kargil battle.

She works while travelling with her husband. She's felt for over a decade that not having a steady workplace in a large city is no longer a disadvantage and that working on the go, from home/flights/hotels/online, is the new standard.



# KNOW YOUR FACILITATOR

Nehha is an accomplished coach who believes in transforming individuals and teams using the Gallup Strengths Psychology. She helps teams realise individual and organisational capabilities and develops action plans to overcome challenges and achieve individual and common goals.

Balanced and encouraging, she stimulates self-realization and gives honest feedback.

She believes in Change Management & is a confident and committed coach who contributes to your personal growth and organizational culture.

Nehha promotes strengths-based workshops and coaching across the Asian and Australian subcontinents.

Within a span of 5 years, her strengths coaching has influenced 2,000 people across the globe.

Expertise: Gallups Strengths, Strengths for Leaders/ Managers & teams, StrengthsCulture, Coaching

Location: SINGAPORE



# KNOW YOUR FACILITATOR

Karthik Madugula is a Psychologist – Personal Growth, Productivity, Mindset and Communication Expert who is also known as “Karma the Life Coach”. He has been a Facilitator with Speakers Institute since 2015. Karthik Madugula is an Engineer (from the Harvard of India – IIT) turned Psychologist and Personal Growth Expert. He works closely with individuals, teams and organisations to transform their productivity, beliefs and mindset. Karthik is well known as a Win-Over-Yourself Strategist. He firmly believes that the only battle one has in life is with oneself. Winning over one’s unproductive and unhelpful habits, instincts, attitudes, beliefs and behaviors constitute his core teachings and message.

Karthik travels from Hyderabad, India for speaking engagements and has a global footprint working with clients all over the world.

Expertise: Communication, How To Pitch, Psychology of Storytelling & Content Clarity

Location: HYD, INDIA





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