



BECOME A HIGH
GROWTH
VERSION OF
YOURSELF FOR A
FASTER CAREER
GROWTH.

PERSONALITY TRANSFORMATION FOR CAREER GROWTH





This course is for those who wish to make themselves more stronger, confident & powerful to move to a higher position at work.

ITS A STEP BY STEP PROCESS TO TRAIN YOUR BODY AND MIND WITH UNIQUE EXERCISES TO ABSORB THE TRAITS, HABITS AND THOUGHT PROCESS OF HIGH GROWTH PEOPLE



Key Features

CHANGE YOUR CURRENT VULNERABLE PERSONALITY WITH A STRONGER VERSION.

TRAIN YOUR BODY & MIND TO ADOPT THE THOUGHT PROCESS AND TRAITS OF HIGH ACHIEVERS

LEARN DAILY EXERCISES TO MAKE YOURSELF MORE ENERGETIC & STRONGER

LEARN BRAIN TRAINING EXERCISES TO KEEP CALM & IN CONTROL AT WORK

REDUCE FEAR, INSECURITIES & TAKE CONTROL OF LIFE

NETWORK WITH LIKE MINDED PEOPLE & MAKE FRIENDS





**PERSONALITY
TRANSFORMATION FOR
CAREER GROWTH**

**LEARN DAILY
EXERCISE &
METHODS TO
DEVELOP EVERY
QUALITY &
PERSONALITY TRAIT
OF HIGH GROWTH
PEOPLE E.G.
CONFIDENCE,
BRAVERY,
CALMNESS, FOCUS,
ENERGY, BEING
ACTION ORIENTED
ETC.**

Training Process

- Assess what's stopping your growth at work
- Learn traits, habits, and thought processes of high-growth people
- Exercises to adopt new mindset and habits
- Physiological training to feel more confident
- Breathing methods to control your emotions
- Applying daily changes in your work life to grow
- Learn to reduce job insecurities & fears
- Methods to assess your personality growth






**100'S OF PEOPLE FROM
DIFFERNT NATIONALITIES
HAVE JOINED OUR COURSES
SO FAR IN UAE.**

Key Takeaways

- Learn exercises to keep improving your personality life long
- Become a more powerful & confident version of yourself
- Network and train with others professionals
- Get a certificate in high growth mindset



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“

Everyone is noticing that I have really changed. I have started to talk a lot during meetings & presentations without feeling nervous or inferior. Techniques taught during this course really worked for me.

”

As featured in

Our courses have been extensively covered and talked about in local and international media platforms due their unique training methodology & life changing impact on attendees.

Khaleej Times

London Daily Post

THE UAE DAILY

Outlook

Gulf Today

New York Weekly

**DIGITAL
JOURNAL**



America Daily Post



Reviews



"This course is very practical as we learn exercises to apply on a daily basis in our professional & personal life. Its truly effective. It works. It makes you a different person"

"Best course in UAE to change your life"

"I felt I completely renewed myself with this course. I am more confident, carefree, positive, happy and fearless."

"I learnt how insecurities & fear had stopped me from growing at work. I feel more free. I feel more empowered & calmer at work ."

"It is highly recommended to everyone who want to truly take control of their lives."

**THE SESSIONS ARE
CONDUCTED THROUGH
PRACTICAL EXERCISES**

**ANYONE WHO WISHES
TO ACHIEVE A HIGH
GROWTH MIND SET CAN
JOIN THE COURSE**

**NO MORE GETTING SAD,
ANGRY AND STRESSED
FOR TRIVIAL ISSUES**



**PERSONALITY
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Syllabus

LEARN THE TRAITS OF
HIGH GROWTH PEOPLE

DAILY EXERCISES TO
DEVELOP THE TRAITS OF
HIGH ACHIEVERS

IMPROVING BODY
GESTURES AND
POSTURES

TECHNIQUES TO
CONTROL YOUR
EMOTIONS AT WORK

EXERCISES TO MAKE
YOUR VOICE MORE
POWERFUL

METHODS TO REMOVE
INFERIORITY COMPLEXES

TECHNICQUES TO
REMAIN CALM AT WORK

LEARN TO GET RID OF
FEAR OF JUDGEMENT

METHODS TO REMOVE
FEAR OF INTERVIEWS

MIND TRAINING TO
DEVELOP CONFIDENCE

PHYSICAL POSTURING TO
LOOK MORE CONFIDENT

BREATHING EXERCISES
TO CONTROL EMOTIONS

MANAGE RACING HEART
DURING CHALLENGES

EXERCISES TO BE THE
MOST SMARTEST PERON
IN YOUR FIELD

LEARN TO FACE
CRITICISMS

METHOD TO ENHANCE
YOUR SELF WORTH

METHODS TO FEEL SELF
MOTIVATED AT WORK

REWIRE YOUR MIND &
BECOME ENERGETIC

EXERCISES TO GAIN
RESPECT AT WORK

GROUP DISCUSSIONS &
FUN GAMES

MEDITATION, DEEP
BREATHING EXERCISES

METHODS TO REMAIN
UNAFFECTED OF TOXIC
PEOPLE AT WORK

REMOVE JOB INSECURITY
& LOT MORE



**THE COURSE HELPS YOU
TO CHANGE YOUR
MINDSET AND MOVE
TOWARDS GROWTH.**

**LOTS OF FUN FILLED
GROUP EXERCISES TO
HELP YOU BECOME
MORE FEARLESS**

**HELPS YOU TO REDUCE
STRESS & MAKE YOUR
PERSONALITY MORE
CONFIDENT**

**LEARN IN A VERY
FRIENDLY AND FUN
FILLED ENVIRONMENT**



**PERSONALITY
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Message from the Coach

Tanveer Ahmed

"Your current personality has got you so far. To grow further to a higher position and money you have to become a version 2 of you, who is more stronger, more powerful, more communicative & calmer. Time to invest in you. Time to change you"



CREATIVE BITES
ACADEMY



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