

## Author and Life Skills Coach



### Financial Literacy – Frugality for Modern Executives

#### Dear Friends

- Do you feel your life is going out of control?
- Do you want to have better control over your expenditure?
- Are there constant fears of downsizing and reorganization in your industry?
- Are you above 40 years of age? Do you still think retirement is far away?
- Are you prepared for long periods of recession, unemployment and eventual retirement?
- Can you handle sudden down-slides in your lifestyle and material comforts?

There is good news. You don't have to do this journey on your own. Just hire me as your coach and quickly start your frugality journey.

#### Thejendra

Email – thejendra@yahoo.com or thejendrabs@gmail.com

Website – [www.thejendra.com](http://www.thejendra.com)

#### About

Thejendra Sreenivas is an Author & Life Skills Coach and has more than 25 years' experience in the IT industry. He has also published more than 30 books on a wide range of subjects.

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### Course Content - A half day workshop will cover

The magic pill to reduce or eliminate all the above worries is to become a minimalist. This workshop will teach you how to,

- Control unnecessary costs and simplify your life.
- Resist urges to spend unnecessarily, escape from the pressures of consumerism and obsession for useless material things.
- Lower your stress, obligations, debt and improve health.
- Survive lengthy periods of unemployment and tackle retirement fears.
- Control jealousy, envy, hate and inferiority complex regardless of the millionaires and billionaires around you.

**Audience** – Anyone who wants to become a Minimalist.

**City** - Currently Bangalore.

**Location** - For Companies (Training Room). For Individuals (Mutually Convenient Location)

**Requirements** – Projector and Laptop can be arranged.

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### Pricing

#### Pricing and Packages

**Individuals** - Prices start at just Rs 3499/- per person. Nominal travel costs extra (if applicable).

**Companies** - Prices start at Rs 12,999/- for four students with Rs 2999/- for each extra student. Taxes and nominal travel costs extra (if applicable).

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