



PROFILE OF SAMIR SAHU

Bachelor's & Master's Degree in Computer sciences.

Master's Education in USA.

He lived & Worked in USA for over 12 years

He manages his own IT company called “ Convene “.

He is passionate about self development.

Has practiced meditation for over 20 years.

Seminar Topic: Self Development

Speaker: Sri Samir Sahu,

M.D, CONVENE

Date: 24/03/2015

Time: 11 Am To 1 Pm

Venue: Seminar Hall

As long as you are still alive, you are capable of changing and growing. You can do anything you want to do, be anything you want to be. Listen to some positive thoughts on how to continue your self-development and then apply them in your own life.

It is one's mental attitude that needs correction if you lack confidence and you want to excel in your field to achieve great heights of success, “self – help” is the only kind that is of any avail.

Self-developing skills, which will help you in the path of success: -

- Accept personal responsibility for your own growth; no one can do it for you. What you do today will determine your readiness for tomorrow.
- Take classes to stay current in your field of expertise. The world is changing rapidly and you must learn to manage change to avoid obsolescence. The way Will Rogers put this was that "Even if you are on the right track, if you just sit there you will get run over."
- Never look back to the past-you only can control your actions in this instant, so what should you be doing right now?
- Learn from "other people's experience" rather than having to try everything for yourself. It shortens the time needed to learn.
- Dealing with a problem helps you learn patience and strengthens your management skills; it is good mental exercise.
- Analyze, in a non-judgmental way, mistakes in which you were involved. It will help you to prevent these in the future.
- Find a nonjudgmental mentor who will help you by providing feedback, suggestions, challenges and support.
- Never say something can't or won't be done. Keep looking for ways to do it.
- For all learning experiences, whether it is reading, seeing, thinking or attending, apply the R squared, A squared formula: Recognize, Relate, Assimilate, and Apply. These actions will help you grow in the direction of your goals.
- Be hungry for what life has to offer and go for it. Decide what you really desire to do- then do it. Develop yourself as a resource for others by networking. Find out who does what, when, and for whom. You may find excellent contacts for your future needs and for the needs of others you meet.
- Work for balance in your life goals: family, financial, professional, social, spiritual, and recreational.
- Always keep your goals in mind as you start a new activity.
- Do not be afraid of failing at something. You can learn and change as a result of it.
- The most difficult projects are opportunities for your biggest successes just as the most difficult people could become your strongest allies.

- Put up pictures of your dreams and goals where you will see them frequently. They will remind you and aid you in focusing and visualizing your goal.
- Learn from the errors you see others make as well as from their successes.
- Fill your mind with positive ideas, thoughts and inspirations and you will have no room left for the negative.
- Challenge yourself to learn something new every day.
- Mentally rehearse a new skill. Your subconscious does not know the difference between actual practice and mental rehearsal.