



# Understand your mind to master yourself

27<sup>th</sup> August - 17<sup>th</sup> September



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There is a lot of pressure that a student must deal with. When the pressure exceeds a person's capacity, it becomes nerve wracking. Students tend to face enormous stress due to various interconnected factors like academics, relationships with friends, relationship with teachers, goals set by parents and career aspirations.

At IBM, we understand that the potential to transform our mind rests in how we use them. The power to reach our fullest potential is a possibility.

Learn from the series of webinars on how to master our minds and conquer challenges.

 <p><b>Prasanna Rambhatla</b> Global Transformations Leader at Hybrid Cloud Infrastructure</p>	 <p><b>Manoj Balachandran</b> Head – CSR at IBM India &amp; South Asia</p>
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| <p>SESSION 1<br/>Overcome anxiety and move towards success.</p> | <p>SESSION 2<br/>Are you headed where your heart is?<br/>Know what makes you click</p> | <p>SESSION 3<br/>Achieve more by staying focused in the new</p> | <p>SESSION 4<br/>Do you get bogged down by the perfect life of people depicted on social media?</p> |
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It's time to transform your mind and build your future.

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