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Limitlessness of human potential: Grit

Everything in nature is designed to be limitless, including the human brain and its potential. Yet no one teaches us how to be limitless in life. There is research to suggest that we use only 10% potential of the mind and the rest 90% is idle. At the same, latest neuroscience research suggests that human mind has limitless potential. The gap had to be bridged between these paradoxes to measure and harness limitlessness by using a tangible tool. The speech for the participants will center on the integration of five competencies that function as quotients to build limitlessness. After there is an awareness of one's blind spot, the next step is to work towards overcoming it. Managing and exploring one's full potential is the key essence of grit. If each quotient is present in balanced amount these become a catalyst to build grit. Grit once understood as a concept, becomes a truly potent weapon for participants to unlock higher value. The speech is going to be interactive with playful activities leading participants to realities of current world and concept of grit. The concepts of building grit is explained and shared through compelling story telling. We will also allow participants to write their queries post the workshop to us for one to one solutions if required. To enable participants to audit and be aware of their blind spots impacting performance. To demonstrate and make participants accept the concept of limitlessness of mind and human potential. It is used to assist and help in developing elements of grit with practical tools and recommendations and making participants aware of limitless potential in human mind and building grit.

Biography

Kanan Khatau Chikhal is a Homeopathic Doctor, Psychologist and internationally certified Coach. She is the Founder of Life Cures Wellness Clinic and a Consultant at Whole Brain Consulting. Being a two time TEDx Speaker on human pollution and how to strengthen your grit, she is a non-conventional woman who presented the strategy to increase women participation in Indian sports on the NDTV platform in the presence of the Australian High Commission.

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