

Gokaraju Rangaraju Institute of Engineering and Technology (Autonomous)





How to feel emotionally rejuvenated most of the TIME!!

Karthik Poovanam

Performance coach and Author

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- **Karthik Poovanam** is a peak performance coach and author.
- He has authored over **80 E-books** which brings about creating well being both an emotional and mental levels.
- He has delivered sessions on **SHIFT IN THE CONSCIOUS STATES OF MIND** in reputed institutions like ITBP (THE ELITE Indian Tibetan Border Police),National Police Academy etc.
- His program called UNLEASH THE TRUE POTENTIAL OF A TEACHER has found good acceptance in the International schools.
- Few Books by Karthik Poovanam are available in international forums like **Amazon,I-book store, Kobo** and many more international and national online stores.
- His program called UNLEASH THE TRUE POTENTIAL OF A PROFESSOR has been appreciated in the colleges in India.
- Has helped people to become free from stress, break free from limited thinking, have vibrant relationships and gain clarity and have a purpose to live totally with joy from many countries that include **ITALY, ROME, GREECE.**



