

# EXCELLENCE FAST FORWARD - BE YOUR BEST IN YOUR WORST TIMES

ONLINE AWARENESS PROGRAM - JULY 9 AND JULY 23

How do I deal with Crisis. I feel stuck and out of control. How do I keep myself focused even in a negative environment? How do I deal with nervousness that uncertain times bring? I have self-doubts which don't allow me to enjoy my work. How do I get rid of them?

In times when there is great scope of creation, there can be great uncertainty of the unknown too. Adversity can bring the best from you. It's not the time to freeze with fear... it's the time to flow with faith.

Come and take a journey with your real self to become aware and get an experience of freedom to be.

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7PM- 8PM IST/  
9.30AM - 10.30AM EDT

**Free registration**

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**TO KNOW MORE**

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# How do I deal with Crisis?

