

✳ HowToBe

A Mind Rebooting Workshop for Focus, Clarity & Inner Power

✳ Why ‘HowToBe’?

In today’s high-speed, overstimulated world, minds are fatigued, attention spans are shrinking, and emotional resilience is under threat. Whether you are a student, a professional, an athlete, or a frontline worker—mental clarity is no longer optional, it’s a vital skill.

‘HowToBe’ is a **3–4 hour experiential workshop** that helps individuals reset, realign, and reclaim control of their mind and emotions through structured neuro-behavioral tools, mindfulness practices, and creative expression.

🔍 What Makes ‘HowToBe’ Unique?

- ✓ Neuroscience meets creativity
 - ✓ Breathwork, journaling & posture-based tools
 - ✓ High-energy, low-judgment environment
 - ✓ Tailored formats for different groups (students, sports, corporates, law enforcement)
 - ✓ Facilitated by experts from theatre, psychology, and leadership training
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📦 Applications & Benefits

For Whom	Benefits Include
🎓 Students	Better focus, exam calmness, emotional agility
⚽ Players/Athletes	Enhanced decision-making under pressure
💼 Corporate Teams	Sharper communication, conflict resolution
👮 Police/Frontline	Tactical calmness, stress recovery
🔗 Inmates/Reform Units	Thought reset, behavioral awareness

Meet the Facilitators

Gautam

Creative Director & Mind Reboot Coach

(a dynamic theatre and film practitioner – Actor, Writer, Director)

A seasoned wellness facilitator with 30+ years of experience in immersive theatre, storytelling, and creative expression. His sessions integrate emotional intelligence, mindfulness, and body-based tools to unlock authentic transformation.

Rajib Roy

Admin VP of a Global Tech Company & Corporate Communication Coach

A leadership and communication expert with deep roots in corporate culture, Rajib brings structured insight and strategic clarity to every session. His facilitation style combines interactive learning with practical frameworks for personal and professional growth.

Together, they form a powerful duo—fusing heart and structure, intuition and precision.

Workshop Outcomes

- ✓ Sharpened attention span
 - ✓ Mental detox & clarity
 - ✓ Inner calmness under pressure
 - ✓ Purpose-driven mindset
 - ✓ Tools for long-term emotional resilience
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Book a Session or Request a Custom Format

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