

# Experiments in L♥ve

*with Yogesh Parmar*

Yogesh Parmar is a leading behavioral scientist and the founder of GameChangers.

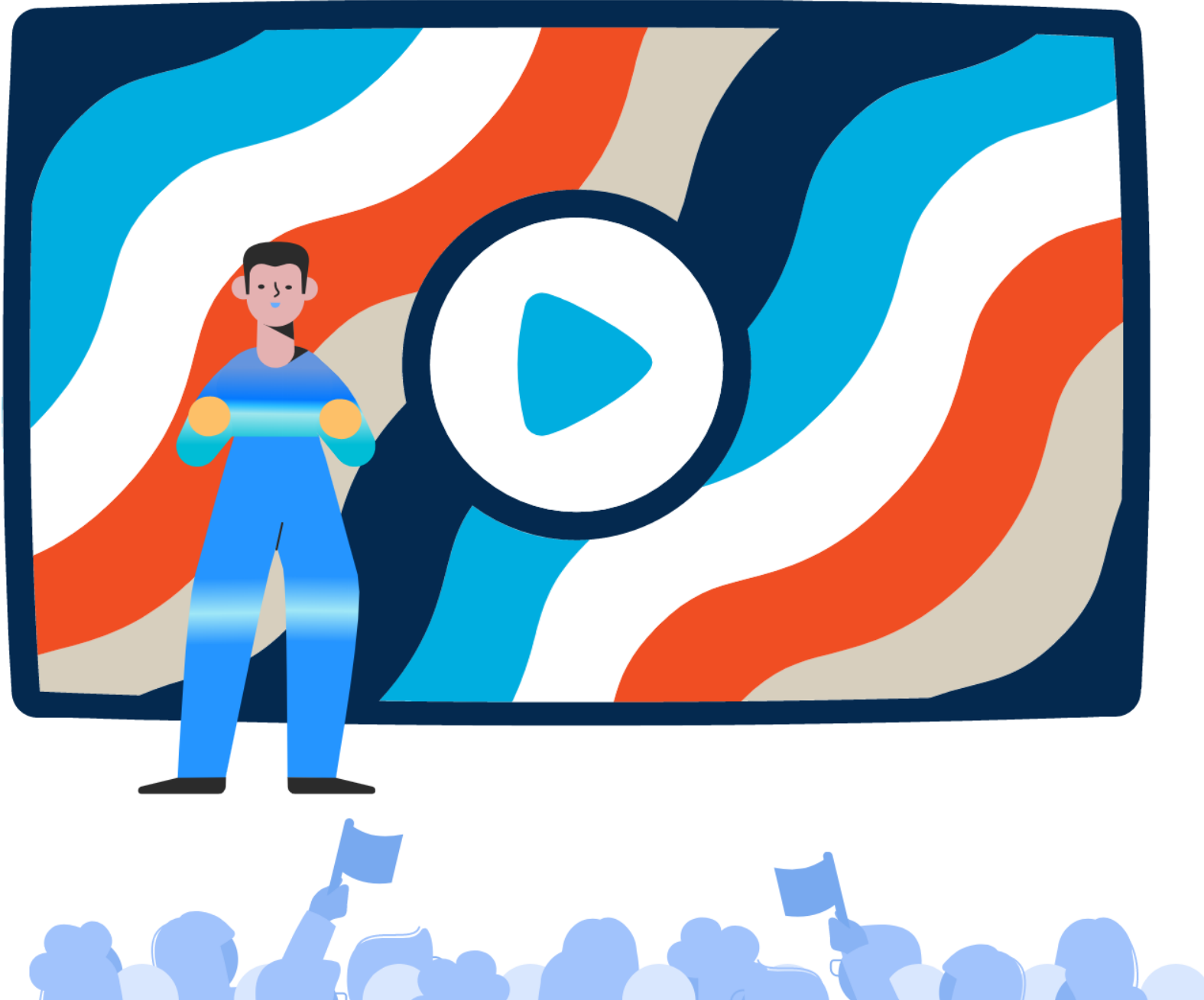
**WATCH TEASER** 

Recently nominated to the prestigious and select list of 100 Emerging Leaders in Asia by World Consulting & Research Corporation (WCRC), Yogesh is a certified master facilitator and performance coach, having led interventions for over 20,000 people from 25 countries including prisoners in Hawaii fighting drug addiction, students at Ivy universities, grass root workers, elite athletes, artists and seasoned professionals at 21 of the fortune 50 organizations such as GE, Walmart, Cisco, Tata and Adobe.

**[Click here to explore The GameChangers](#)**



# MASTERCLASS IN STORYTELLING & PUBLIC SPEAKING



- Build trust, generate emotion and inspire a call to action.
- Lending a personal touch and building a universal resonance.
- Be able to tell real stories - using mindset, skill set and tool set.
- Recognize that data can persuade while stories stir up the soul.
- Seeing that the difference between bug and feature is storytelling.



# DECISION MAKING with Mental Models & Cognitive Biases



- First principles & heuristics of good decision making.
- Make fewer & meta decisions.
- Pre frontal cortex Vs Amygdala.
- Learn socratic questioning.
- Understand risk vs uncertainty.

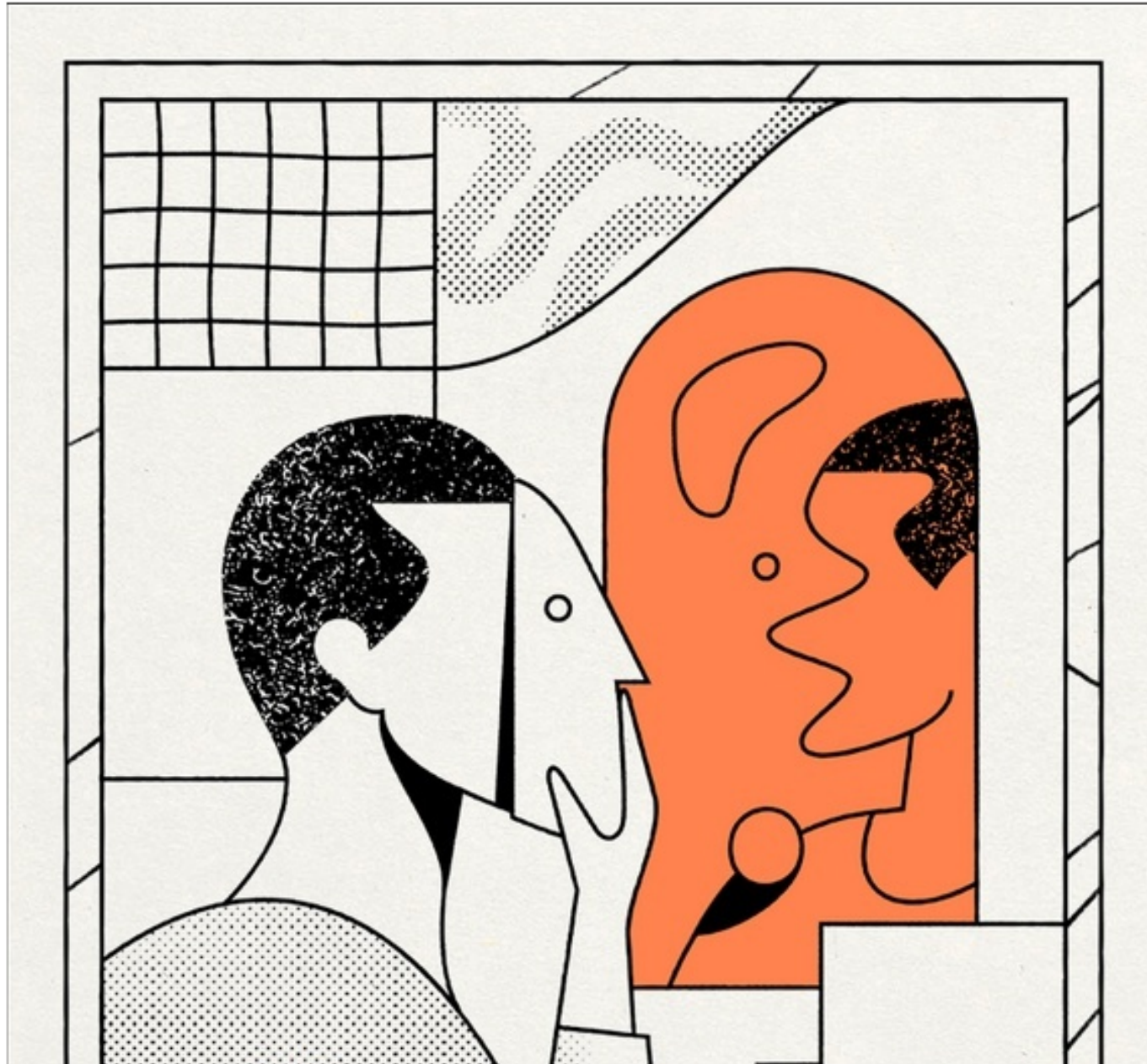
# EMPATHY IS YOUR SUPERPOWER



- **Learn to listen with openness and emptiness.**
- **Learn to offer unconditional empathy.**
- **Resist the urge to give advice or assurance.**
- **Empathizing with your own lack of empathy in the moment.**
- **Learning to not energize or feed into any particular narrative.**

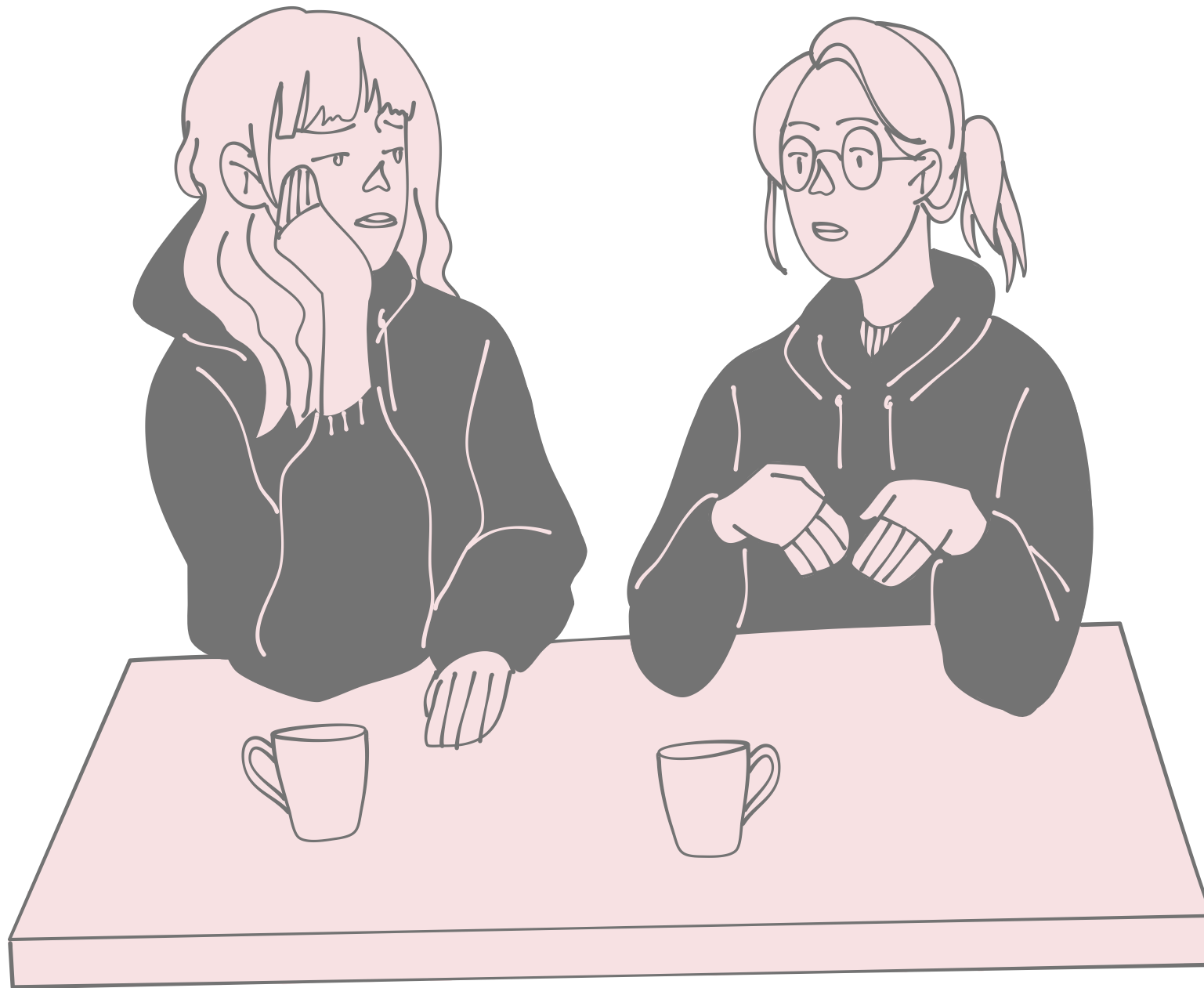


# LIVING YOUR IKIGAI



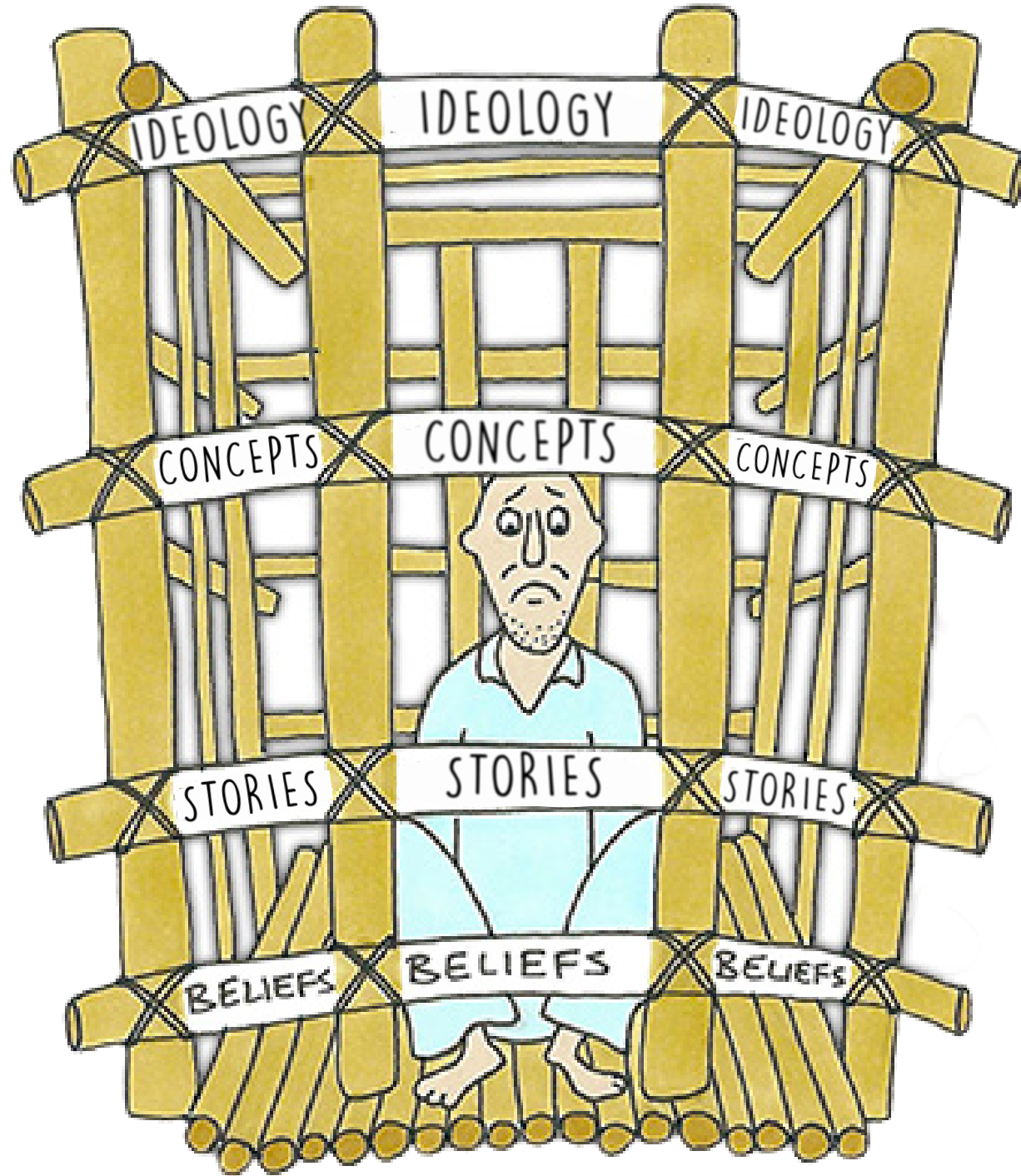
- Ikigai is more than an intersection of Venn diagrams.
- Love, competency and flow matrix.
- Moving from learning the lesson to living the lesson.
- Iterating your way to Ikigai.
- Differentiating expression from impression.

# HAVING DIFFICULT CONVERSATIONS



- **Learn to say a No with a Yes.**
- **Build composite narratives.**
- **Delineate asking from expecting.**
- **Learning to seek consent.**
- **Reject binary options and explore the spectrum.**

# FRAMING 101



- Framing is a subtle, deliberate and powerful exercise to change perception even as the facts remain the same.
- Learn how cognitive reframing can be used to change meaning, mindset and metrics.
- Reframing is not denial; it is seeing that truth is singularly plural.
- Exploring how framing organically unlocks shared instincts, ideals and intersections.
- How to use a frame to enable and expedite vulnerability in the self and others.

# LIVING GRATITUDE



- **Gratitude is a gift - first and last- to your own self.**
- **Gratitude is simply the recognition of all that we have to lose - and one day, will.**
- **Feeling gratitude and not expressing it is like wrapping a gift without giving it.**
- **Gratitude is neither guilt nor obligation.**
- **Don't worry about privilege. Check for entitlement.**



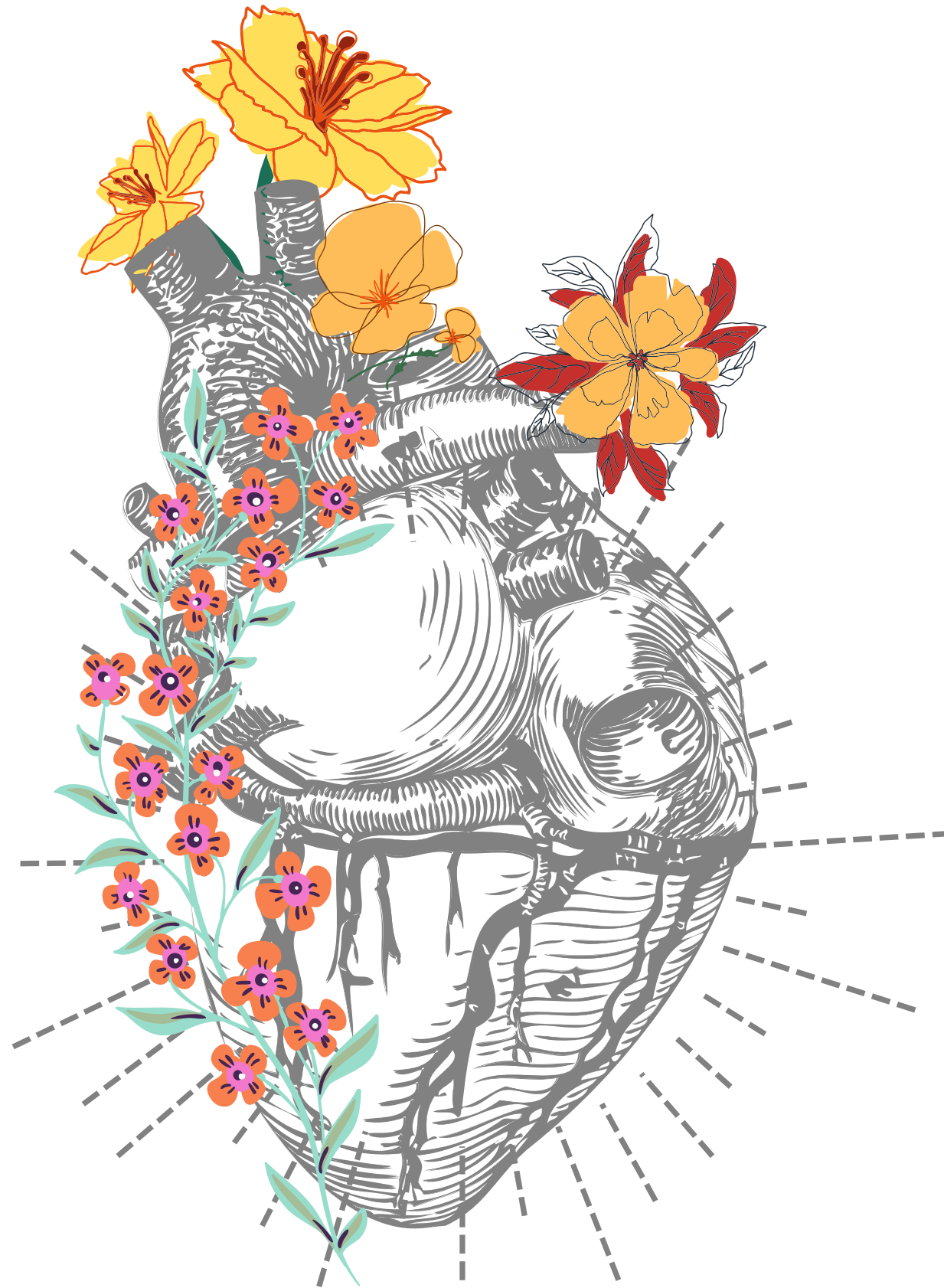
# #BECOMING UNFUCKWITHABLE!



- **Reclaim your physiology.**
- **Choose authenticity over morality.**
- **Understand the scarcity mindset.**
- **Practice radical forgiveness.**
- **Learn to call your own bluff.**

# LIVING WITHOUT FEAR

**Love. Authenticity. Vulnerability. Judgement. Guilt & Shame**



- **Learning to allow yourself to be seen.**
- **Letting go who you think you should be and embrace who you are.**
- **Making life affirming choices in the face of uncertainty.**
- **Choosing discomfort over discontentment.**
- **Getting off the self-improvement treadmill.**

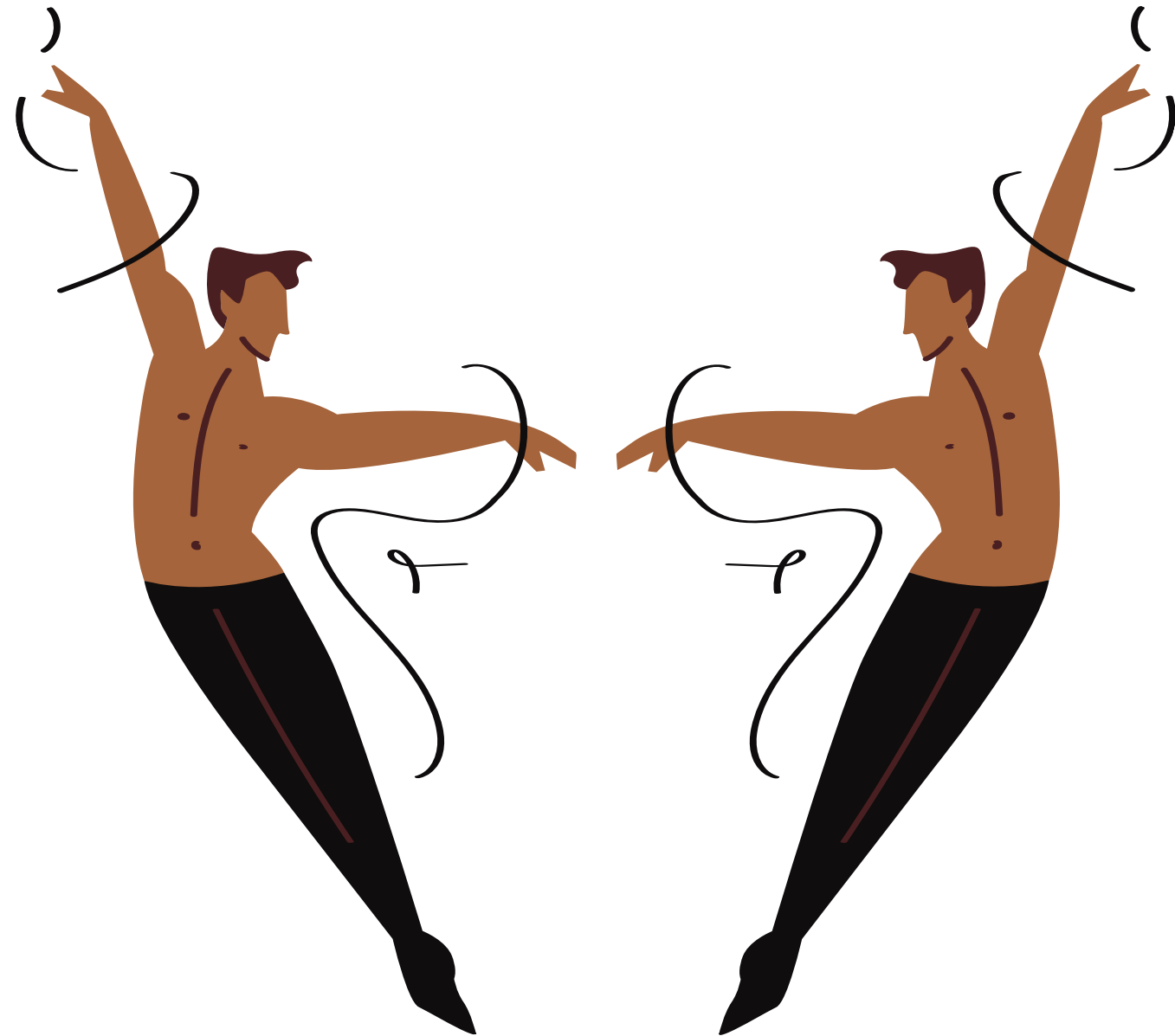
# BUILDING A POWERFUL PERSONAL BRAND



- **Learning to discover a voice that is original, unapologetic and authentic.**
- **Understanding the 'how' of building a powerful personal brand through intelligent storytelling.**
- **Showing the story vs Telling the story. The embodiment principle.**
- **Creating a road map and a deliberate plan of action.**
- **Understanding personal branding in the context of unprecedented trust deficit.**



# NO HURRY. NO PAUSE.



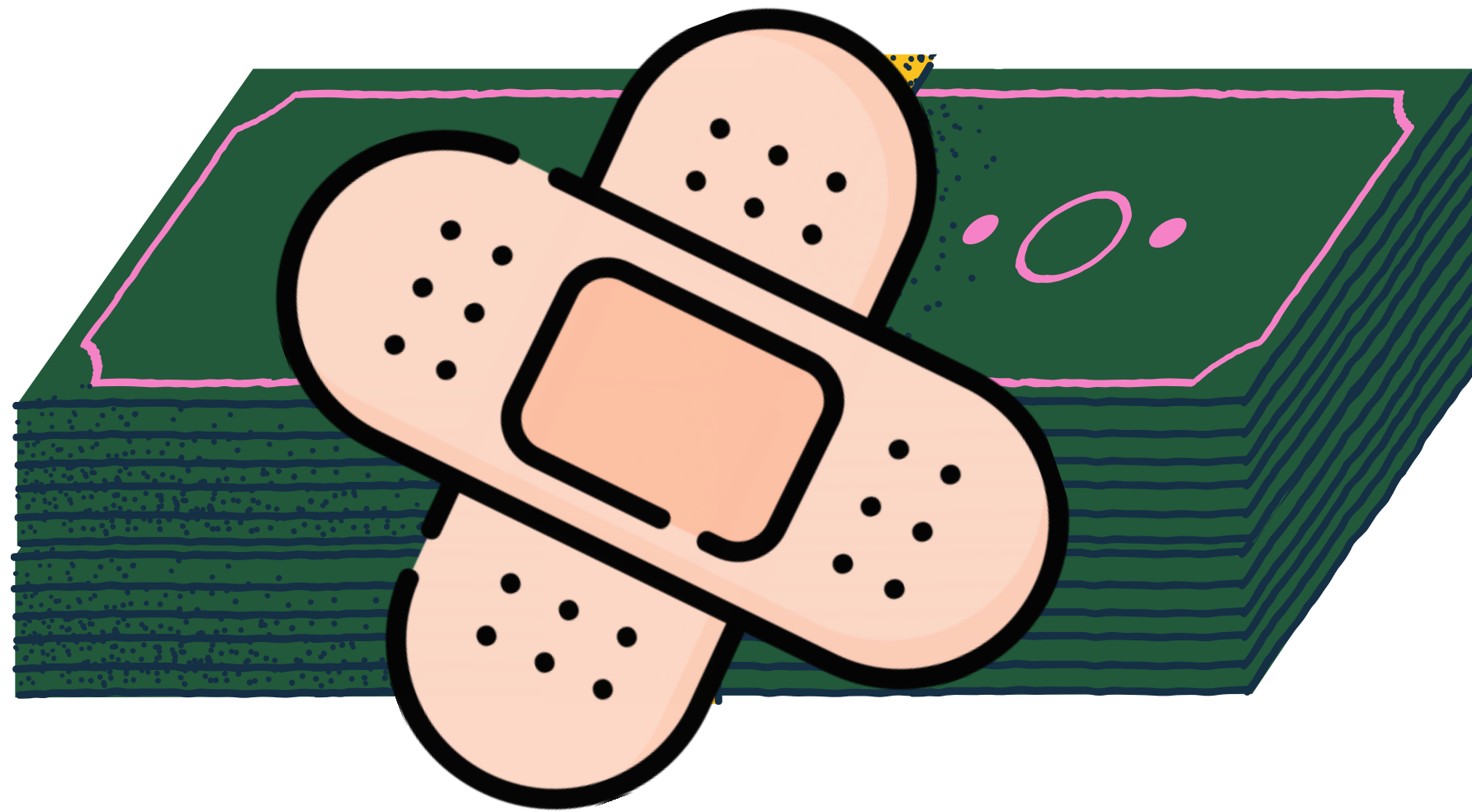
- **Belief informs biology.**
- **Using Physiology to hack thinking and feeling.**
- **Unraveling the micro and macro impact of stress on body & mind..**
- **Understanding the limbic, reptilian and mammalian brain.**
- **Learning to 'switch off' and activating the para-sympathetic.**

# MODERN LOVE



- **Nothing we do or not do can make us less or more worthy of love.**
- **Transcend content in intimate relationships.**
- **Understanding that all judgement is self - judgement.**
- **Understanding the role of virtue signaling and moral indignation in modern relationships.**
- **Understanding the internalised default roles that one embodies in a relationship.**

# HEALING YOUR RELATIONSHIP WITH MONEY



- Exploring scarcity mindset and how it manifests in our relationship with money.
- Examining toxic and limiting beliefs about money - diagnosing guilt, disdain or contempt.
- Delineating money/wealth from self-worth.
- Knowing what you need: duck-you money.
- Unpacking the role of money in the context of market - economy and market - society.