

Balanced Professional Growth

J B Nagar CPE Study Circle
Sunday 4th March 2018

Presentation by CA Mayur Nayak

INVEST

in

YOURSELF

you can afford it. trust me.

What Presentation Covers



Right Breathing & Relaxing

Balanced Professional Growth

Dimensions of Growth

Getting what you want from Life

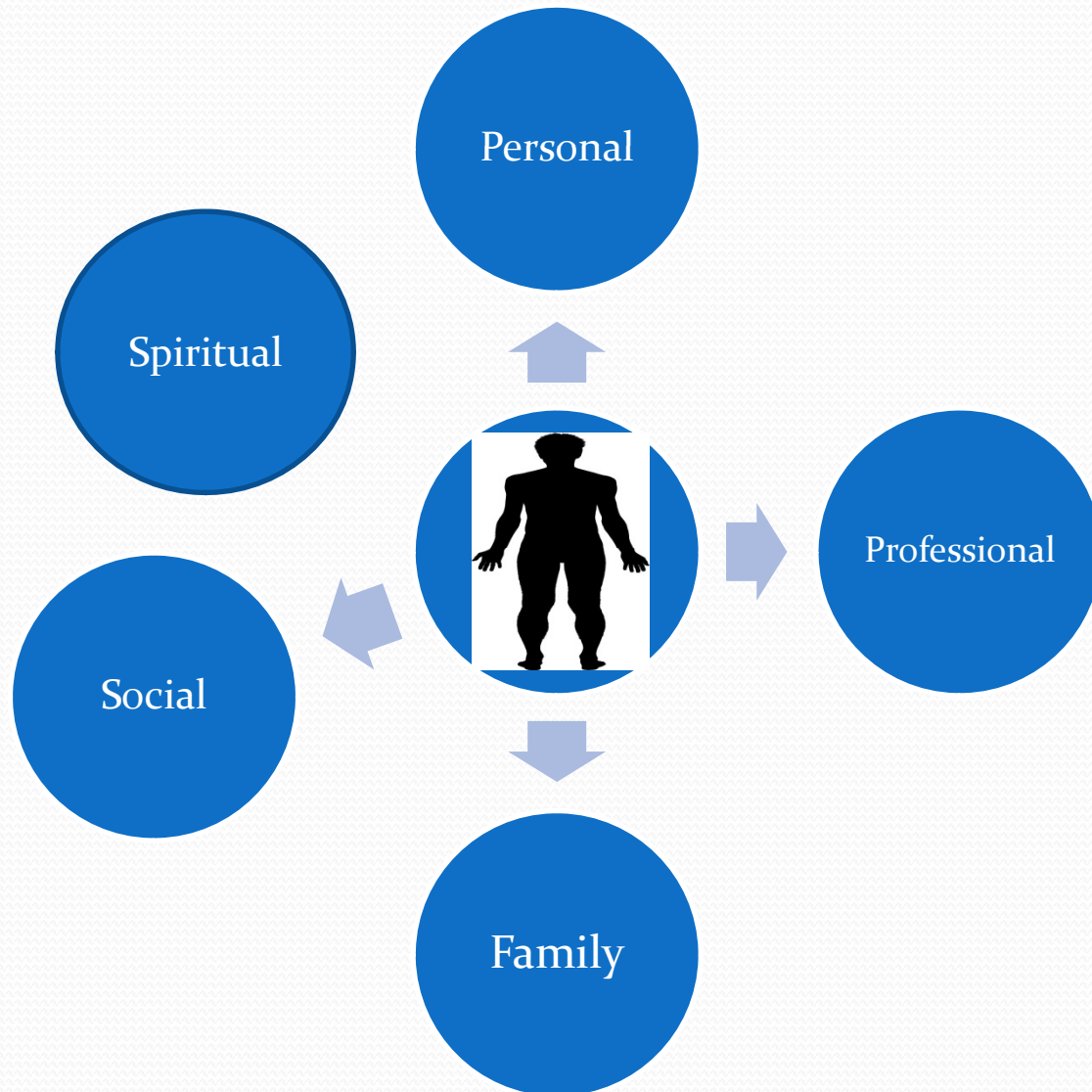
Relaxation



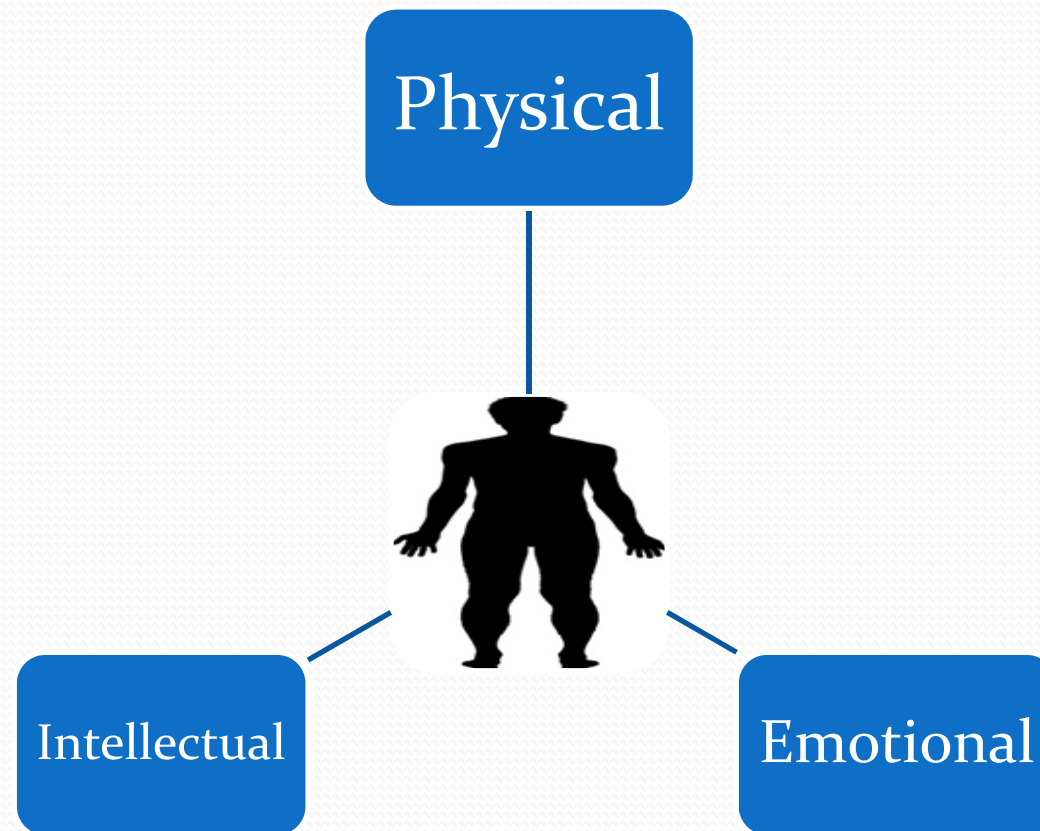
**RIGHT BREATHING &
RELAXING**

**WHAT IS BALANCED
PROFESSIONAL GROWTH?**

Dimensions of Growth



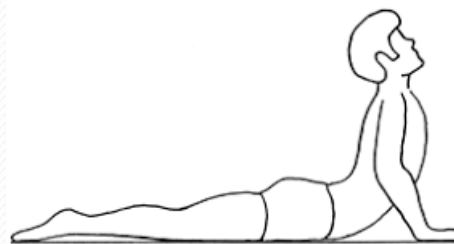
Personal Dimension



Physical Dimension

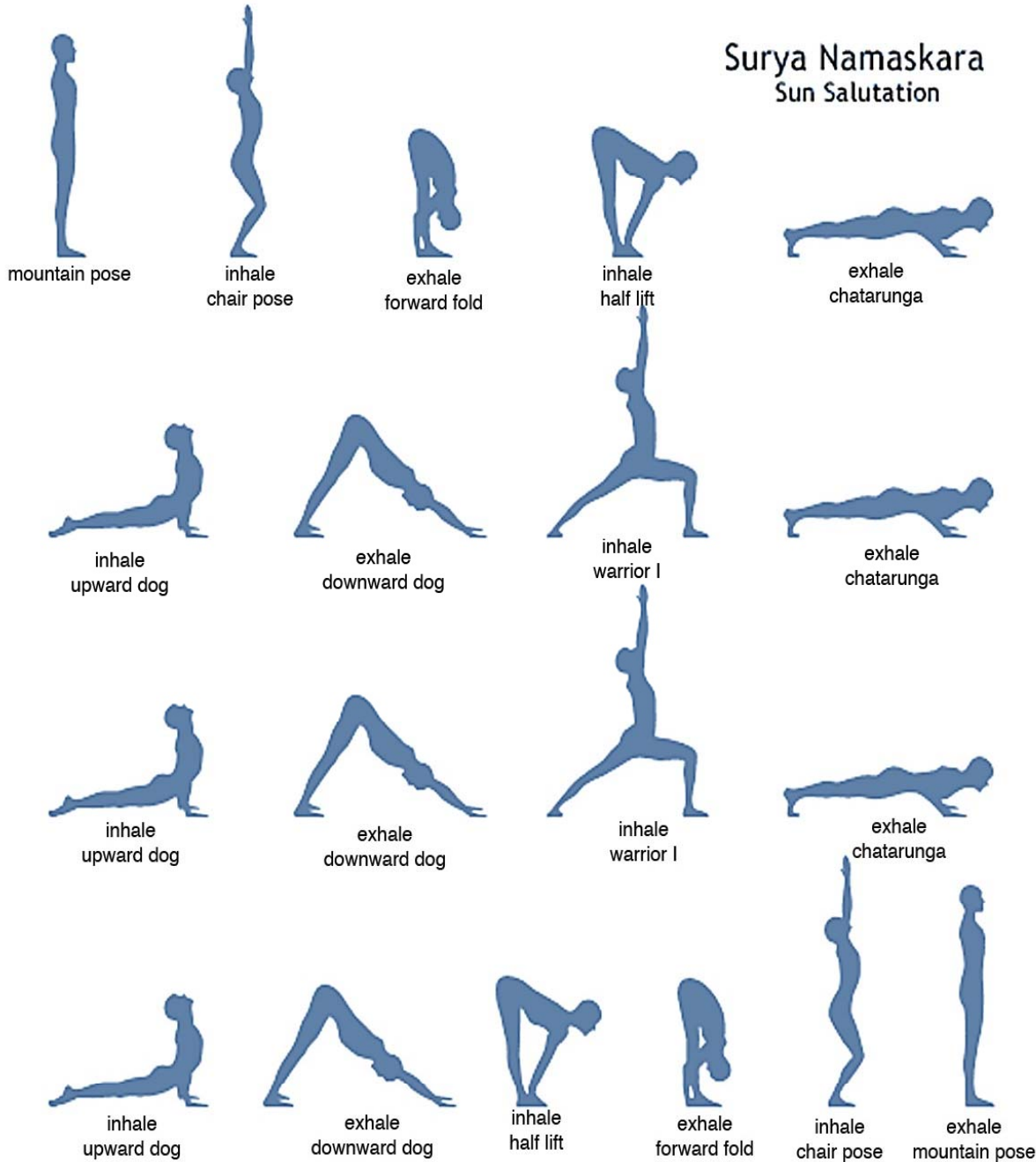


- Physical Fitness
- Physical Grooming
- Etiquette and Mannerism

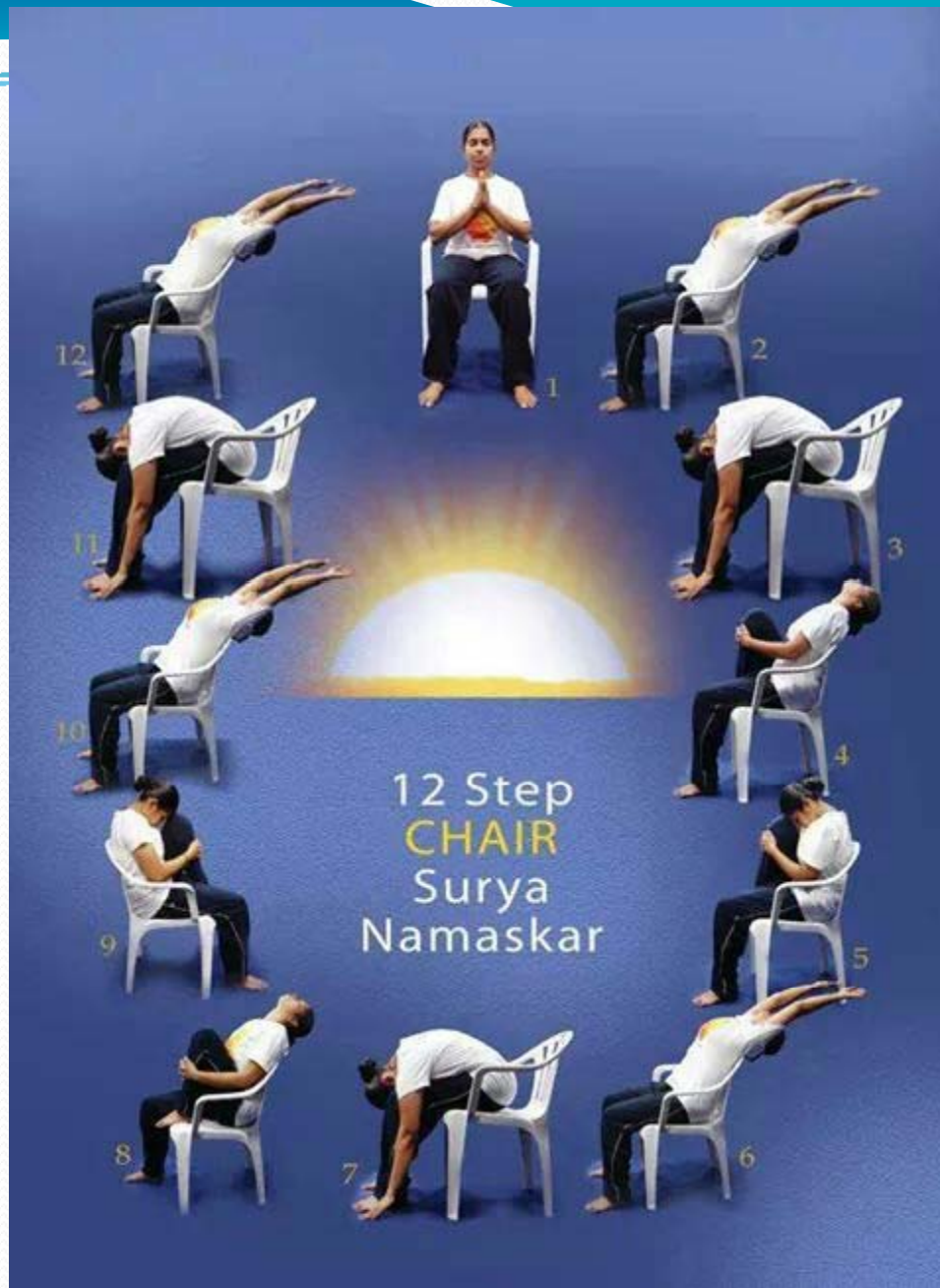


Cobra Posture

Surya Namaskara
Sun Salutation



Physical Fitness





Intellectual Dimension

- What is Success?
- Redefining Success
- How to be Successful in life?



PHD of Success

- **P**ersistence
- **H**ard work
- **D**etermination

Importance of 3 Pillars of Success

K N O W L E D G E

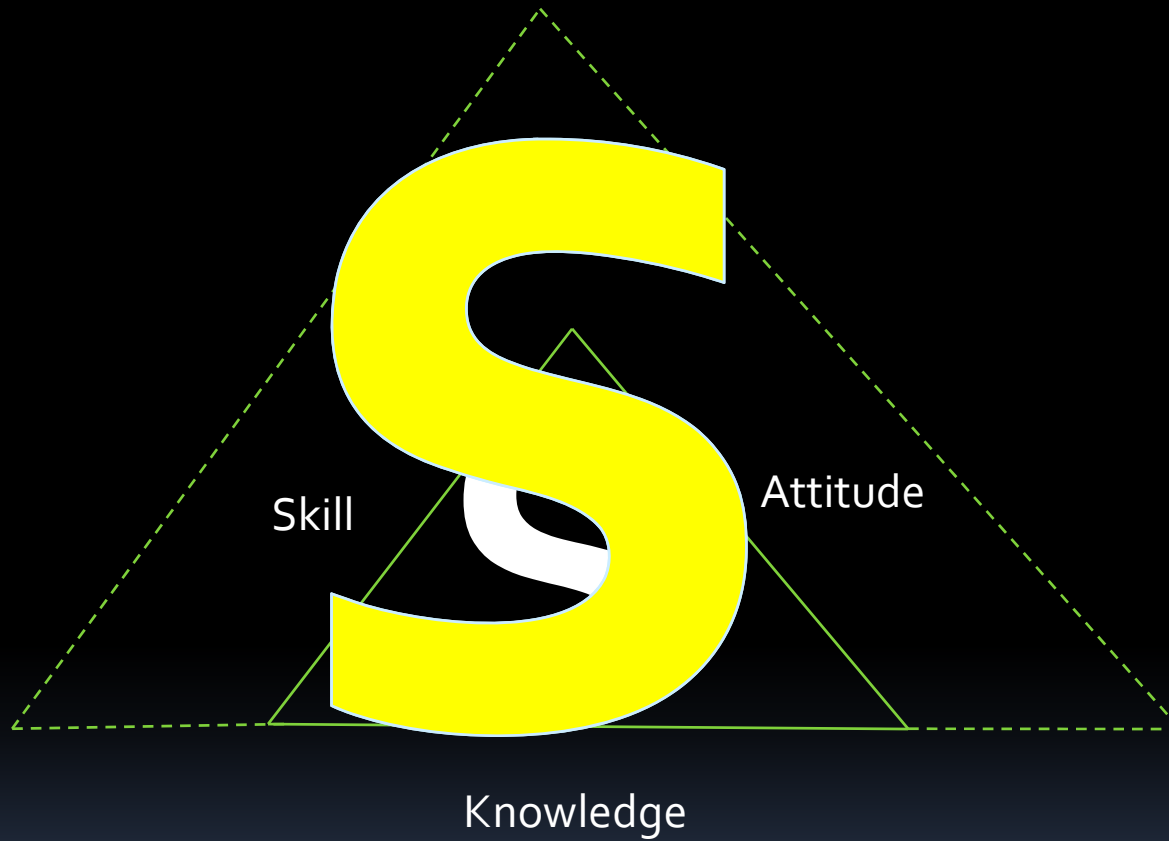
$$11 + 14 + 15 + 23 + 12 + 5 + 4 + 7 + 5 = 96$$

S K I L L

$$19 + 11 + 9 + 12 + 12 = 63$$

A T T I T U D E

$$1 + 20 + 20 + 9 + 20 + 21 + 4 + 5 = 100$$



ATTITUDE

What do you mean by Attitude!

“Attitude is nothing but the quality and direction of your thought process!”

- Aporesh Acharya

Necessity of powerful positive Self Image



Emotional Dimension

- Interpersonal Relationships
- Self motivation/Empowerment
- Development of Leadership/Entrepreneurial Skills



Emotional Dimension

Interpersonal Relationship

- Living in harmony with People and surrounding



Emotional Dimension

Intra-personal Relationship

- Relationship with oneself

(Being Alone and being Lonely)
- Self image and Self Esteem



Emotional Dimension

Development of Leadership and Entrepreneurial Skills

- Be a Role Model in the Society
- Producing more than what you consume and giving more than what you take
- Leading from the front



Family Dimension

- Rinanubandh
- Family – The Centre of Love
- Family is like a body – United we Stand,
Divided we Fall
- Family First – Set right Priority

Professional Dimension

FIRST THING FIRST

Goal Setting

“It is better to aim high and fail, than to aim low and achieve”

- Les Brown



Our Dreams have to be Bigger;

Our Ambitions Higher;

Our Commitment Deeper;

Our Efforts Greater!

This is my dream of India.

- Dhirubhai Ambani

Decide your Destination




***Your Aim
should always
be in sight***

“Goal out of sight is no goal at all”



activity



**Some people always throw
stones in your path. It
depends on you what you
make with them.**

A Wall or a Bridge?

**Remember you are the
architect of your life.**



**THERE IS NO
SUBSTITUTE
FOR HARD WORK**

Thomas Edison



Professional Dimension

- Professional Hygiene
- Professional (Domain) Expertise
- Make your hobby your profession
- Professional Etiquettes
- Professional Fees



Professional Dimension

Professional Hygiene

- What is your value frame?
 - (If you don't stand for something, you will fall for everything)
- Key parameters in place/Non negotiable documentation



Professional Dimension

- **Professional Expertise**
- If you are educated yesterday and stop learning today, you are uneducated tomorrow.
- Continuous Updation and up-gradation of knowledge and skills to remain relevant



Professional Dimension

Professional Passion

- Make your hobby your profession
(Select an area of specialization which you love)



Professional Dimension

Professional Etiquettes

- Dressing and Grooming
- Behaviour and Mannerism
- Talking on Phone
- Responses on email/cell phone
- Keeping Appointment/ Punctuality
- Promise less, Deliver more



Professional Dimension

Professional Fees

- An advice is worth the price you paid for it
(Charging fees is in client's interest)
- Raise NIL bill (for free advice)
- Do not lower your services/standards to match the fees paid by clients



Social Dimension

- Repaying Debt to the Society – Being catalysts to social projects
- Contribution to the Profession –Sharing your knowledge, Art of making best CAs out of Articled Students, Empowering young generations through value based knowledge and skills etc.
- Serving/living the Purpose of Life –
Manav Sewa is Madhav Sewa

Empowering CA Students



Eighth Jal Erach Dastur Students Annual Day 2015 - 30.5.2015

Tree Plantation – Giving back to the Society



3/23/2018

CA Mayur Nayak

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Spiritual Dimension



- We are truly blessed
 - We are given at the cost of millions
- Understanding the purpose of life

Spiritual Dimension



- Principle of Trusteeship – Practicing Detachment
- Understanding that “Life is Zero Sum Game”
- Spiritual Practices – Silence, Meditation, Healing, Prayers, Satsang etc.



Getting what you want from Life

So what is life?

- Life is a song, sing it well;
- Life is an occasion, celebrate it;
- Life is a puzzle, solve it;
- Life is a mystery, unfold it;
- Life is love, cherish it;
- Life is a game, play it!



Don't Dance so Fast

**Have you ever watched kids on a merry-go-round,
or listened to rain slapping the ground?**

**Ever followed a butterfly's erratic flight,
or gazed at the sun fading into the
night?**

**You better slow down, don't dance so
fast,
time is short, the music won't last.**

Don't Dance so Fast

**Do you run through each day on the fly,
when you ask "How are you?", do you
hear the reply?**

**When the day is done, do you lie in your
bed,
with the next hundred chores running
through your head?**

**You better slow down, don't dance so
fast,
time is short, the music won't last.**



Don't Dance so Fast

**Ever told your child, we'll do it
tomorrow,
and in your haste, not see his sorrow?**

**Ever lost touch, let a friendship die,
'cause you never had time to call and say
hi?**

**You better slow down, don't dance so
fast,
time is short, the music won't last.**



Don't Dance so Fast

**When you run so fast to get somewhere,
you miss half the fun of getting there.**

**When you worry and hurry through
your day,
it's like an unopened gift thrown away.**

**Life isn't a race, so take it slower,
hear the music before your song is over.**

Relaxation





Thank You