



I'M Voice

Issue 11

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Inspiring People Worldwide

From the Inspiration Desk



Jay Pujara
Inspirer



How to develop Leadership Skills in Youth

1. **Develop positive attitude in children:** - Praising a child for his/her efforts and hard work rather than just making general statements of praise about their personality is more likely to develop within him a persistent and positive attitude. Such an attitude helps in many facets of life.
2. **Encourage children to ask questions:** - Encourage children to ask questions. This helps children become independent thinkers because thinking is a process of asking and answering questions. To find solutions they learn to ask specific, unique and intelligent questions.
3. **Inspire children to keep trying and never give up:** - Encourage children to learn more and practice skills. Performing various activities individually and in groups. This helps children learn to negotiate and find a way. Learn what works and what doesn't and keep on improving and getting better and never give up when they face challenges but look for solutions.

Leadership Skills for Youth

Develop positive
attitude

Encourage to ask
questions

Inspire to keep
trying

In Quotes

"You are the average of the five people you spend the most time with"

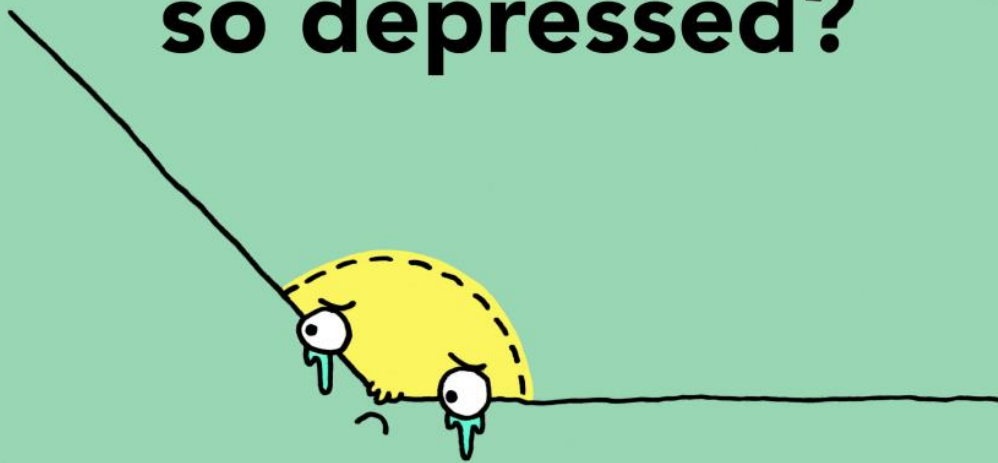
Jim Rohn

Word-Power

Commendation:- an award involving special praise.

Funnies!

**Why are obtuse angles
so depressed?**



Because they're never *right*.

Inspiring -Series

Inspiration Masters, LLC is dedicated to make a positive difference in lives of people on the planet. By helping everyone understand the purpose of life, find what a person is passionate about and then helping with tools, techniques and strategies to reach one's true purpose in life by following the passion.

As a part of our "Inspiration Series", we invite the difference makers, the entrepreneurs, artists, business owners, and individuals who have inspiring stories to share and thus make a difference.

Check out the interview videos on <https://www.inspirationmasters.com/videos>

Exclusive Interview with Ms. Charmi Ramchandani. Personal trainer and nutrition coach and own a Texas based business by the name Cimply Fit.



In this conversation, she shared the best thing about her programs that they get to eat close to home. She can relate to her clients very easily and her clients feel right at home while explaining their specific needs to her. She has different programs on "Nutrition Coaching", "Online Transformation" and "In home Training and Nutrition"

She promotes habits, mindset and lifestyle changes in all her online coaching programs.

Exclusive Interview with an extraordinary team of twin brothers who are chess champions from India, Daaksh and Draav.



In search of such gems our team visited the country India, where we met these two twin brothers who are identical not only by birth but by their passion of chess too. They have been playing chess for 9 years now. They love to play in a team as well as when in opposing teams.

They represented Delhi in the Nationals in 2017 held at Telangana.

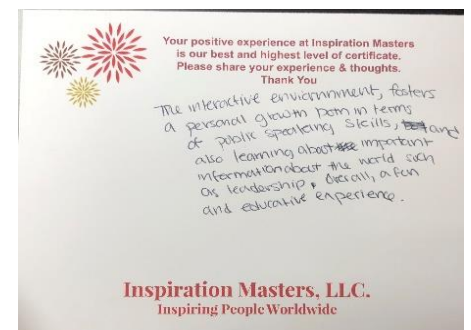
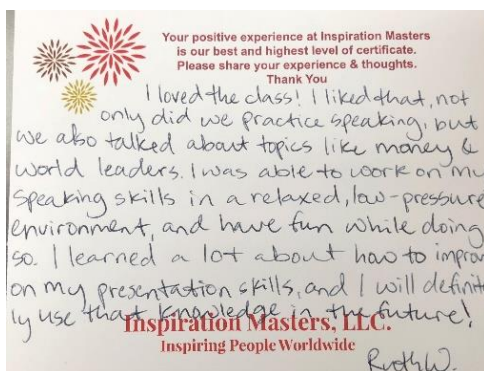
Last but not the least they have a world ranking Asian ranking and India ranking.

Glimpses from the program “Speak for Success”

At Inspiration masters we believe in developing the necessary skills required to become a difference maker. Our programs incorporate the active learning approach focusing on "learning by doing".

As a part of our program for the high school students “Speak for Success” Vision Board activity was conducted. Vision Board is a tool used to concentrate and maintain **focus** on a specific life goal. To simplify it further a vision board is a kind of board on which you display images that represent whatever you want to be, do or have in your life. And it's very important for the youth of today to incorporate these habits for a successful future ahead.

Few of the participants were excited to share their vision boards, glimpses are shared below: -



Event Calendar

EVENTS CALENDAR-INSPIRATION MASTERS					
S.No	Day & Date	Time	Subject	Location	Address
IRVING (Las Colinas)					
1	Every Sunday (8 weeks)	10.00 a.m. to 11.30 a.m.	Public Speaking and Leadership Program (Grade 5 to 10)	Irving (Las Colinas)	I'M Training Center 1304 W. Walnut Hill Ln, Suite # 205 Irving, TX 75038
MURPHY					
2	Every Saturday (8 weeks)	4. 30 p.m. to 6.00 p.m.	Public Speaking and Leadership Program	Murphy	Murphy Learning Center 318, W FM 544 A1 Murphy, Texas 75094
FRISCO- MCKINNEY					
3	Every Saturday (8 weeks)	2.00 p.m. to 3.30 p.m.	Public Speaking and Leadership Program	McKinney	Best in Class Education Center 1800 S, Independence Pkwy, Suit #130, McKinney, TX-75070 Near Karya Siddhi Hanuman Temple
FLOWER MOUND					
4	Every Sunday (8 weeks)	2.00 p.m. to 3.30 p.m.	Public Speaking and Leadership Program	Flower Mound	Yogi Kids 3051 Churchill Dr. Suite # 250 Flower Mound TX-75022
UPCOMING EVENTS -INSPIRATION MASTERS					
S.No	Name	Day	Date	Time	Location
DFW OPEN 3 rd ANNUAL SPEECH CONTEST					
1	DFW OPEN 3 rd ANNUAL SPEECH CONTEST	SATURDAY	15 TH DECEMBER	12 NOON TO 5 PM	THE CORE 234 E. PARKWAY BLVD. COPPELL, TX 75019
ONE DAY LEADERSHIP PROGRAM FOR ADULTS					
2	LEAD TO SUCCEED	SUNDAY	16 TH DECEMBER	1.00 P.M. TO 4.00 P.M.	I'M TRAINING CENTER 1304 W. WALNUT HILL LN, SUITE # 205 IRVING, TX 75038
THANKSGIVING 3 DAY MINI CAMP					
3	THANKSGIVING BREAK-PUBLIC SPEAKING AND LEADERSHIP MINI CAMP	MONDAY TO WEDNESDAY	NOV 19 TH TO 21 ST	9.00 A.M. TO NOON	EXCEL ACADEMY 773 S MACARTHUR BLVD, #225 COPPELL TX 75019
4	THANKSGIVING BREAK-PUBLIC SPEAKING AND LEADERSHIP MINI CAMP	MONDAY TO WEDNESDAY	NOV 19 TH TO 21 ST	9.00 A.M. TO NOON	EXCEL ACADEMY 1400 W SOUTHLAKE BLVD SOUTHLAKE TX 76092
WINTER BREAK 3 DAY MINI CAMP					
5	WINTER BREAK- PUBLIC SPEAKING AND LEADERSHIP MINI CAMP	THURSDAY, FRIDAY & MONDAY	JAN 3 RD , 4 TH & 7 TH	9.00 A.M. TO NOON	EXCEL ACADEMY 773 S MACARTHUR BLVD, #225 COPPELL TX 75019
6	WINTER BREAK- PUBLIC SPEAKING AND LEADERSHIP MINI CAMP	THURSDAY, FRIDAY & MONDAY	JAN 3 RD , 4 TH & 7 TH	9.00 A.M. TO NOON	EXCEL ACADEMY 1400 W SOUTHLAKE BLVD SOUTHLAKE TX 76092
7	WIZARD OF G.K.	MONDAY	26 TH NOVEMBER	6.00 P.M. TO 7.30 P.M.	THE CORE- COPPELL 234 E. PARKWAY BLVD. COPPELL, TX 75019

Our 10 Locations in Dallas Fort Worth Metroplex

Main Location **Inspiration Masters, LLC.**

Inspiration Master's Training Center
(I'M Center)
1304 W Walnut Hill Lane,
Suite # 205,
Irving, TX 75038

The CORE | City of Coppell, Texas

234 Parkway Blvd,
Coppell, TX 75019

Flower Mound

Yogi Kids
3051 Churchill Dr #250,
Flower Mound, TX 75022

Irving-Valley Ranch

R.K. Learning Center
Near Radha Govind Dham
8830 N MacArthur Blvd. Suite #100
Irving, TX 75063

Arlington

TLC School on Green Oaks
1401 NE Green Oaks Blvd,
Arlington, TX 76006

Coppell

Excel Academy
773 S MacArthur Blvd #225,
Coppell, TX 75019

Southlake

Excel Academy
1400 W Southlake Blvd,
Southlake, TX 76092

Frisco- McKinney

Best in Class Education Center
1800 S. Independence Pkwy.
Suite # 130, McKinney, TX 75070
Near Karya Siddhi Hanuman Temple

Murphy

Murphy Learning Center
318 W FM 544 A1,
Murphy, TX 75094

Allen-Plano

Best in Class Education Center
2023 W McDermott Dr,
Allen, TX 75013

Article



Exercise is not a punishment of what you eat; it is a blessing of what your body can do!

Listen to your body, it craves for movement!

Our body is made for movement. It is like a mechanical machine. If you don't use your body it gets rusty and lethargic, but if you keep it moving, you will see many benefits. Instead of taking pain killers for your aches and pain, first listen to your body and exercise.

Just like breakfast, exercising may not be a part of your regular routine. But start with small steps, like maybe ten minutes on the elliptical or treadmill or ten minutes of just walking at home. Increase the difficulty of your exercise as your body starts to improve. Simple routines such as taking the stairs instead of the elevator, parking your car far away at the grocery store or theater, or walking instead of sitting in the car while dropping your kids to school, can all be easily incorporated into your daily life without paying for a gym membership. These daily habits will help your health and will also instill a sense of movement in your kid's lifestyle. Activities like swimming, jump roping, dancing, mall walking, playing your favorite sport, and so much more is considered movement. You just must be consistent and stay active every day. Once you add these simple routines to your daily lifestyle, your body will crave for exercise and movement just like it craves food.

Just by adding small increments of **physical activity** in your daily routine you can feel **happier, more energized and, have great mobility**. You will stay **slim, younger, and have a longer life**. Exercise strengthens your **bones, lungs, heart, and builds muscles**. It reduces fat, stress, and blood pressure. Physical activity reduces the risk of diabetes and cardio-vascular diseases. Just by brisk walking for thirty minutes daily **improves mobility, memory, coordination, and boosts your mood and immune system**. Moving your body also improves your complexion because your sweat clears and removes toxins from the skin. Eliminate the notion that you do physical activity to lose weight and remind yourself that you exercise for mobility and losing weight is just one of the endless benefits of moving your body. Let your body crave exercise just like it craves for food and sugar.

**Submitted by: -
Ms. Rafia Heerji**

Flyers

Inspiration Masters, LLC.

Public Speaking & Leadership Program

Grades 5 to 12

Participants Learn

- Speak with confidence in front of groups
- Complete Various Presentation projects
- Deliver impressive prepared presentations
- Give impromptu speech
- Learn Speech evaluation techniques and giving feedback
- Learn effective listening skills and time management skills

Program Features

- Speaking opportunities during sessions and receiving feedback
- Practice to make presentations look natural and interesting
- Small class size so everyone get speaking opportunities
- Award Winning Faculty

Contact
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www.inspirationmasters.com

Irving Location
 Inspiration Masters Training Center
 1304 W. Walnut Hill Ln,
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 Irving, TX 75038

The CORE | City of Coppell, Texas
 234 Parkway Blvd.,
 Coppell, TX 75019

Irving-Valley Ranch
 R.K. Learning Center
 Near Radha Govind Dham
 8830 N MacArthur Blvd.
 Suite #100 Irving, TX 75063
 www.rgdallas.org

Flower Mound Location
 Yogi Kids
 3051 Churchill Dr #250,
 Flower Mound, TX 75022

Coppell Location
 Excel Academy
 773 S MacArthur Blvd #225,
 Coppell, TX 75019

Southlake Location
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 McKinney, TX 75070
 Near Kanya Siddhi Hanuman Temple

Allen-Plano Location
 Best In Class Education Center
 2023 W McDermott Dr,
 Allen, TX 75013

Murphy Location
 Murphy Learning Center
 318 W FM 544 A1,
 Murphy, TX 75094

Arlington Location
 TLC Child Development Center
 1401 NE Green Oaks Blvd
 Arlington, TX 76006

DFW Open Annual Speech Contest

Saturday December 15th, 2018
Contest begins 12:30 pm.

Registration \$25 (Early Bird \$15) Till Dec. 9th

Perform Face the crowd Challenge yourself Be Proud

Amaze and Amuse your audience

Chance to win prizes

Opportunity to Listen to talented Speakers

Chance to win a trophy

GROUP 1 STORYTELLING 6 YRS. TO 10 YRS.

GROUP 2 HUMOROUS SPEECH 11 YRS. TO 14 YRS.

GROUP 3 POWER POINT 15 YRS. TO 18 YRS.

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972.948.8476
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Simple THE EASY WAY TO SUCCESS

Inspiration Masters LLC.

PUBLIC SPEAKING and LEADERSHIP MINI CAMP

Grades 5 to 10

Participants Learn

- Speak with confidence
- Prepare and present impressive speech projects
- Give impromptu speeches
- Give and receive constructive feedback
- Effective listening skills
- Time management skills
- Leadership skills

Program Features

- Speaking opportunities
- Feedback from peers and instructors
- Small class size
- Make presentation sound natural
- Award-winning faculty

Thanksgiving Camp
 Monday – Wednesday
 Nov. 19th – 21st
 Time 9:00 am. to Noon

Winter Break Camp
 January 3, 4, 7
 Time 9:00 am. to Noon

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 Southlake, TX 76092
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 Coppell, TX 75019

www.inspirationmasters.com

Inspiration Masters, LLC.

WIZARD OF G.K. Program

Age 10 to 17

Developing Curiosity & Thirst for Learning

General Knowledge Program is designed to expand the horizons of thinking in young minds and develop in them a quest for knowledge.

Program Features

- Multiple topics covered
- Team competitions
- Interactive games
- Visual rounds
- Wipe out round
- Hot Seat
- Rapid fire round
- Magic bowl

Program Includes

- Trophy
- Certificate

Contact
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Location
The CORE
234 Parkway Blvd.,
Coppell, TX 75019

www.coppelltx.gov/residents/the-core

Poem

Gratitude

Thank you for seeing the light in me
when there is darkness around

Thank you for finding love in me
when there is hatred around

Thank you for accepting me
when there is rejection around

Thank you for having faith in me
when there is despair around

Thank you for holding onto me
when people are moving on around

**Submitted by: -
Dr, Kanika Verma**

About us

Inspiration Masters, LLC.

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