



I'M Voice

Issue 1

January 2018

Inspiring People worldwide

From the Inspiration Desk



Jay Pujara
Inspirer



Welcome to the I'M Voice!

At Inspiration Masters we are pleased to announce the opening of our online newsletter I' M Voice.

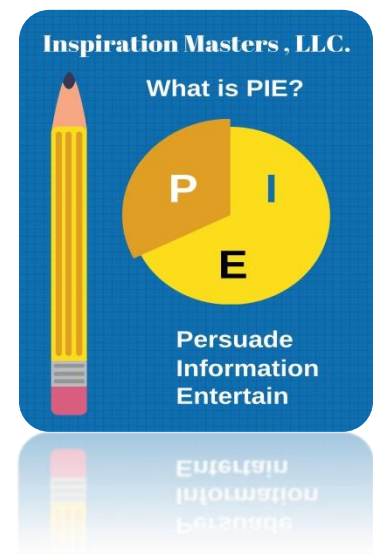
Through I 'M Voice we will be bringing in the news from inside the inspiration community as well as from around the world to bring in the best information on Communication, Leadership and Personal Development.

Our mission at inspiration masters is to bring clarity of purpose to the surface of human thinking and help everyone with tools, techniques and strategies to fulfil that purpose.

Along with sharing great information we would love to hear from you what is close to your heart when it comes to communicating effectively and leading your organization, what would you like us to bring in.

Following are the three reasons we communicate.

1. To Persuade
2. To Inform
3. To Entertain



Find out your reason to learn this skill and nail it.

In Quotes

"The way we communicate with others and with ourselves ultimately determines the quality of our lives." **Tony Robbins**

Word-Power

CONTENTIOUS- causing or likely to cause an argument

Funnies!

Son: "Daddy;Why some of your hairs have turned white?"

Father: " Every lie told by you makes one of my hairs white."

Son: "Oh now I understood why all grandfathers'hairs are white."



In conversation with Gauri Junnarkar



As we begin 2018 everyone's focus turns to having a good health and developing healthy habits. Very timely for the beginning of the New Year, We had at our training center Gauri Junnarkar, a nutrition expert, MS, RD, LD, CDE, LMT, and BAMS of Ayurnutrition.

Gauri gave a great presentation on explaining about carbs (Carbohydrates) and talked to the audience about what are carbs and how are they essential for our body. She also covered the common myths about carbs and ingestion of carbs by people with diabetes.

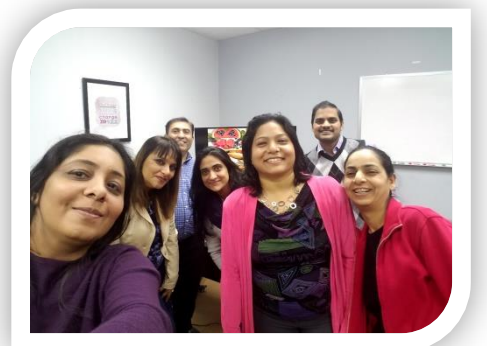
She also explained the difference between the simple carbs and complex carbs and how they are different. Her talks were the part of her four part series called "Eat your way to good health". She believes that the first step is to learn to eat healthy. Watch here Ayurvedic study view as well as the modern physiology view.

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

Gauri will be talking about Proteins, Fats in the next session and on how to shop smart for the healthy foods.

To register for the upcoming sessions by Ms. Gauri Junnarkar please visit our website at www.inspirationmasters.com

For queries you can call us at 972.948.8476



Event Calendar

Event Calendar				
S.No	Event	Day	Location	Time
Youth Programs				
1	Speakers club for Youth	Every Friday (8 weeks)	Irving	6.00 p.m to 7.30 p.m
2	Public Speaking and Leadership Program	Every Saturday(8 weeks)	Frisco-McKinney	1.00 p.m to 2.30 p.m
3	Public Speaking and Leadership Program	Every Saturday(8 weeks)	Allen	3.30 p.m to 5.00 p.m
4	Public Speaking and Leadership Program	Every Sunday (8 weeks)	Irving	10.00 a.m to 11.30 a.m
5	Public Speaking and Leadership Program	Every Sunday (8 weeks)	Irving	1.00 p.m to 2.30 p.m
6	Talking Bee Public Speaking Competitions	Saturday (Jan 20th, 2018)	DesiPlazaTV Irving	10.00 a.m to 6.00 p.m
Adult Programs				
1	Online session by Jay Pujara on "How to make 2018 your best year ever"	Tuesday(Jan 16th, 2018)	Online	7.00 p.m to 8.00 p.m
2	Seminar on " Effective Communication for Influence"	Sunday(Jan 28th, 2018)	Irving	3:00 p.m to 5:00 p.m

Company Details

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