



MRIDU (MRI-THU) PARIKH

CORPORATE TRAINER | COACH | AUTHOR | CEO

Mastering Focus: *How to Win Back Time and Drive Results*

Getting focused is hard, and distractions cost more than time - they drain energy, stall productivity, and increase stress. Focusing isn't just a skill; it's a competitive advantage. Join Mridu for an engaging, results-driven session with actionable tools to:

- Sharpen your focus in distraction-filled environments
- Build habits that protect your time and boost productivity
- Drive meaningful results for you and your team

Whether you're leading a team or want to take control of your day, this session will help you make focus your superpower.

Keynote Presentation or Hands-On Training:
In Person or Online

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Mridu Parikh helps busy people focus, ditch overwhelm, and build simple systems for performance & well-being.



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