



MRIDU (MRI-THU) PARIKH

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Overwhelmed, Overstretched, and Over It! *Three Powerful A.C.T.s to Take Back Control*

Are you putting in hours and energy all day, yet still find yourself at 5 pm wondering, “*What did I get done today?*” You’re not alone. In today’s fast-paced world of shifting priorities and never-ending to-dos, staying on top of it all can feel impossible.

Mridu understands the demands on your time and doing more with less. In this motivational talk, you’ll gain practical tools to:

- Avoid common distractions and finally beat procrastination
- Stay laser-focused on what actually matters most
- Crush your goals—not just at work, but in every area of life

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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