



## Webinar Title: 7 Habits of Effective People

**Speaker:**

Dr. Meera Uday  
Director - MU Consultants,  
Bengaluru

**Webinar Date:** 29.04.2021**Time:** 11 AM to 12PM**Duration:** 60 minutes

**Registration Fee (including GST):** Rs. 413/-



### About Webinar:

*“Successful people are simply those with successful habits” - Brian Tracy*

Many people wonder how they can become highly successful, not realizing that they hold within them everything they need to achieve all of the success they desire.

Successful people are where they are today because of their habits. Habits determine 95% of a person's behavior. Everything what we are today, and everything that we will ever accomplish, is determined by the quality of the habits that we form. By creating good habits and adopting a positive behavior, we too can become successful and live a prosperous life.

### Webinar Coverage:

- Overview of habits and character building
- Developing Good and Sustainable Habits for better lifestyle
- Understanding the benefits of Good Habits and its impact on Success life, etc. with examples

### Speaker Profile:



Dr. Meera Uday is a dedicated professional with an admirable experience of spanning 24+ years in Industry, Academics & Research and contributing towards the growth of Institutions. Contributing as a member of Advisory Board of Companies, she chaired many International conference Sessions and was invited as a Resource Person for various Leading Business Schools / Corporates. Dr. Meera Uday has presented and published around 36 empirical research papers in National and International Conferences/Journals of repute, received copyright related to her Doctoral Research with respect to Automobile Industry.

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