

The **Shift Left** Experience

Self-help and cognitive-behavior therapists have determined happiness as the barometer of emotional well-being. We believe that happiness can be pursued by seeking pleasures through materials or people. We ask ourselves:

- ❖ How can we be successful at what I do?
- ❖ How can we mend our relationships?
- ❖ How can we validate ourselves instead of seeking it from others?
- ❖ How can we negotiate better?
- ❖ How can we earn more?

The list goes on. Yet, happiness is nowhere in sight.

I'm sorry to burst your bubble, but the answers to these questions will not balance your well-being or create enduring happiness.

Engineering happiness is not an answer to dealing with failures and losses. The business of happiness wants you to think that way. They want to condition you into buying products to get out of your misery—as if the products were a therapy. The misery lives on under the surface, growing with time.

We ignore the scientific reasons for our misery. We deny the role of chemistry, biology and even the history of Homo Sapiens to understand what happiness is. We look for alibis to hide our failures and vulnerabilities. Thus, we limit the understanding of emotional well-being and are not able to harness our emotional intelligence.

We fail to acknowledge our damaging emotions, thoughts and behaviors – let alone repair them. This eventually limits us to mediocrity, creating mental instabilities when things spiral out of control. A few years ago, I became a victim of the worst of these damaging behaviors resulting in regular bouts of anxiety. Instead of claiming victimhood, I was fortunate to act on it, research about it, speak with experts about my condition and write a book on strategies to build a robust emotional intelligence.

The World Economic Forum lists Emotional Intelligence, Analytical Thinking and Problem Solving as some of the most critical skills that will be in demand in the next five to ten years. Where and how are these skills been imparted into the next generation? How are they to equip them against the rise of automation, robotics and machine learning? Most importantly, are we into making a large proportion of our population irrelevant?

To counter these challenges, I have designed the **Shift Left** experience which is a series of workshops and webinars. With these workshops, I intend to reveal the science behind our emotions. Why do we do the things we do? Why do we act the way we act? How real success manifests from our failures. Apart from being proven scientific theories, these are proven models which I implement in daily life. The switch to these methods has triggered immense growth in every aspect of my life.

These workshops help me engage with corporates, educational institutions and individuals at the deepest levels of well-being, attaining excellence at work and getting ready to navigate the future.

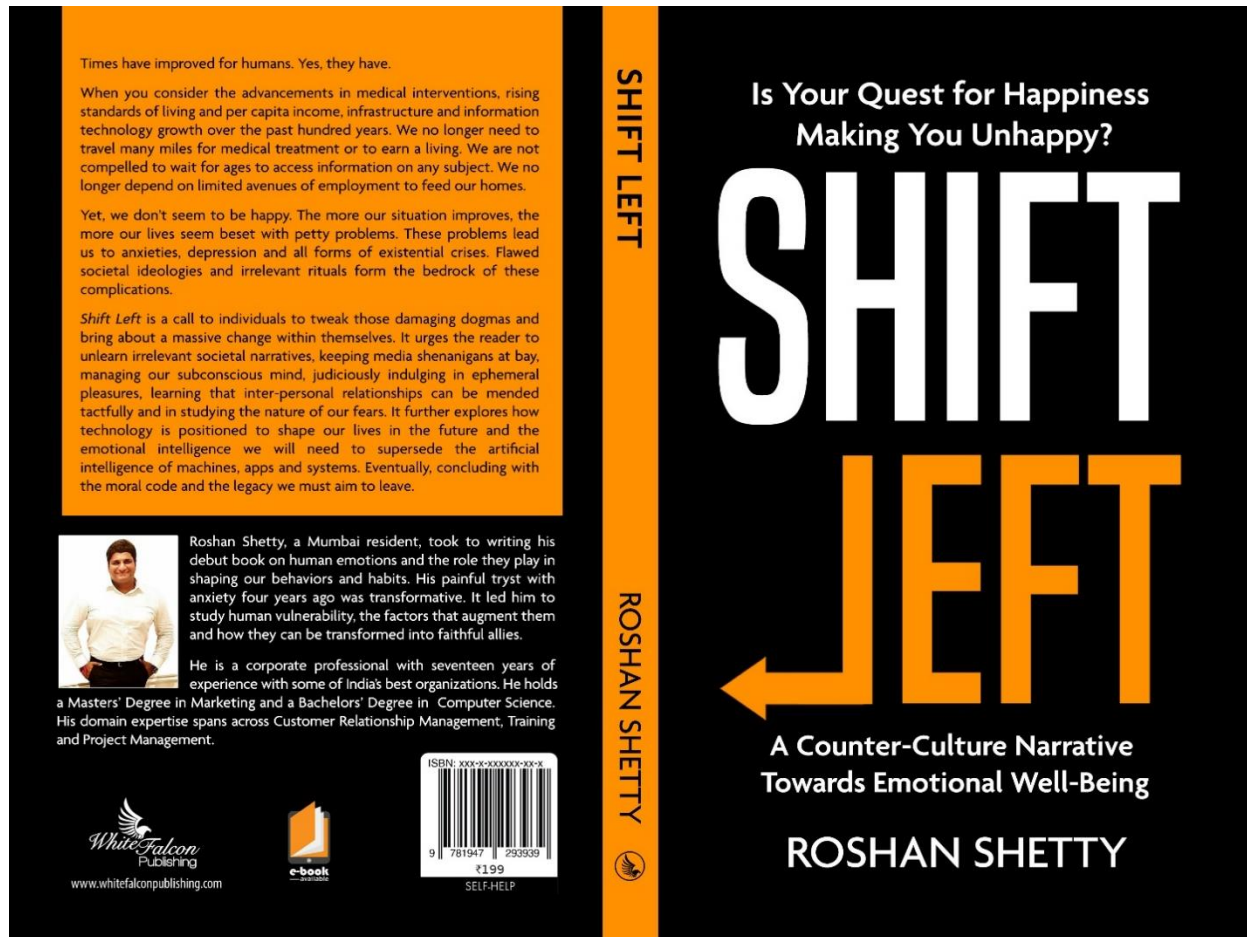
If this thought intrigues you, drop me an email. We shall talk more about it.

The **Shift Left** Experience is focused on 3 cornerstone programs

| | | |
|---------------------------------|---|---|
| The Shift Left Experience | Emotional Intelligence & Well-Being | Dark emotions Ego depletion Experiments on happiness Relationships Societal validations Code for the future Who am I |
| | Working Excellence | Choosing your pain Success - What we see vs How we attain Action drives motivation Unlearning concepts Change agent Clear the path Focus - being relentless |
| | Getting Future Ready | What is the future? Singularity EI over AI Upskilling - value stream Skills in vogue Beyond education is learning Competency assessment and skill mapping |

| Format | Duration | Mode | Fees |
|-------------------------|--------------------|-----------------------------|------------------|
| Webinar | 90 mins – 120 mins | Online | Price on Request |
| Workshops | 6 hours | Online/Onsite/Offsite | Price on Request |
| Individual Consultation | Post Discussion | Online / Preferred location | Price on Request |

Shift Left: Available on Amazon India and Amazon Worldwide



We live in an epoch of extreme comfort and convenience, hurtful habits and behaviors notwithstanding.

Shift Left is a call to re-evaluate the lifestyle choices that are supposed to bring joy but end up bogging you down in uncertainties. This impacts your critical decisions, resulting in grief instead of joy. My book will abolish the boundaries that restrict you to be your better self in every choice you make on the journey to your desired goal.

Roshan Shetty

Is Your Quest for Happiness Making You Unhappy?

SHIFT LEFT

A Counter-Culture Narrative Towards Emotional Well-Being

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