

HarjotSinghMD.com presents

TRAINING CATALOG 2024

FOR YOUR TRAININGS, WORKSHOPS, BREAKOUT SESSIONS AND LUNCH & LEARNS

Underlying Spirit and Philosophy:

How an ambitious doctor becomes a successful leader so others will want to follow them

OUR PROMISE TO YOU:

A forward-thinking program planner knows these truths

1. Pandemic has changed how Doctors wish to be served by their organizations.
2. Ambitious doctors with enthusiasm are the lifeblood of your organization.
3. Doctors are busy, and want **VALUE** for not just their **MONEY**, but their **TIME** as well. They pay a premium for something that will transform their life.

Serving this Niche of Busy Mid-Career Ambitious Doctors is our Speciality!

SIX PROGRAMS: Reserve One at a time or Keep the good thing going by reserving One Every Three Months.

They work as stand-alone, but they are part of a whole and work together very well. Customized for you as needed.

Designed for Results and made to Maximize your Return on Investment.

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American College of
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Ophthalmology | Otolaryngology
Head and Neck Surgery



New Mexico Osteopathic
Medical Association



Great Lakes Chapter of the
American College of Healthcare Executives



**SAN JUAN REGIONAL
MEDICAL CENTER**



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"Excellent presenter. Very knowledgeable and compassionate. Very genuine." ★★★★★

"Excellent session, with deliverable, usable tools"★★★★★

PROGRAM I

**Risk-Proof *PLANNING* for *YOUR* Wins:
Get Set to *ACHIEVE* More in the Next 3 months than the Last 12
Impact from Day One!**

How fired-up are your aspirations for **YOUR** long-term goals?

Bring **YOUR best ideas and deep desires** together into
one Simple Actionable Roadmap for the next 3 months.

Works in minutes a day.

Turn your Ideas into Results.

Be **Competent** and Feel **Confident**.

With just 2 hours of training, you will put yourself in the race to the top - be seen as a trustworthy and likable leader by others. Implement and cement the results with once a month coaching for 3 months.

Change your whole presence in a way that others can plainly see, and would want to follow you.



You will:

- Get **Off of Over-thinking Treadmill** of "Let me learn this one more thing"
- **Consolidate your Wisdom** to capture it forever
- Set **Line of Sight Clear destination** that aligns with who you are, without wasting time
- **Master One Habit**, no matter how small, to consolidate your gains
- Add ways to be **excited** and stay **motivated- Don't Lose Steam**
- Embed the Speed & Efficiency of this program into the **Fabric of your Leadership - Your Leadership Playbook of Success**

Special Available:

Throw down the Gauntlet

7-13 weeks program to Amplify and Speed up the Benefits of this program.



Simple Three Steps

You choose volunteers from within your members. They practice this program in real time. They share their experiences with their peers.



Extras Included: Impact measured with objective tools. Final program video recorded and edited to create a long-lasting resource for all.



Intended Audience: Ambitious Mid-career Doctor who want to become a Successful Leader

**Designed for Action and made to Maximize your Return on Effort.
Putting principles into action.
Eliminate Apraxia from your Life and Leadership**

"Dr. Singh's presentation was Awesome, I love the approach and how he balanced interaction, slides and chat. Very engaging and beneficial."★★★★★

Available at Three Levels:

BASIC (Virtual)	PRO (Virtual)	PRO PLUS - Let's talk about it!
2-3 hours Program Leader or Not Assessment Your Risk Proof Planning Workbook	2-3 hours Program Leader or Not Assessment Your Risk Proof Planning Workbook AND Three group coaching sessions, 1 hour each, once a month to implement & cement the learnings	2-3 hours Program Leader or Not Assessment Your Risk Proof Planning Workbook AND Three group coaching sessions, 1 hour each, once a month to implement & cement the learnings PLUS Our highly Customized and Innovative Throw down the Gauntlet Program.

Event Planner's Special - Add one or all -



Prep Your Presenters:

Speak so Others will Listen. **1.5 hours prep session** for all your presenters to:

- unify the theme
- make presentations interesting
- deepen the impact of your conference.



Video Recording and Editing (My program only):

For you to earn money on residuals.

Usually available within 3-5 business days.



Impactful Gathering:

Enhance your program's Appeal and Significance.

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"Eliminate apraxia from your life and leadership."

- Harjot Singh, M.D.

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"His relaxed format and use of simple, not overly wordy slides as well as speeches. He kept program on track and had great control of audience in terms of eliminating distractions etc. I like that he did not put anyone on the spot or force participation. Overall way better program than I could have anticipated." ★★★★★

"Dr. Singh is amazing! His voice and his demeanor alone can make a person feel better!" 😊 ★★★★★

PROGRAM II

The **SUPERHERO** Effect Laser-Focus **YOUR STRENGTHS** and Soar to Inevitable Success Start today!

How confidently do **YOU** truly use your strengths for maximum achievement?

Do hard things easily and quickly.

Take yourself from **scattered & drained to Laser-like Intensity & Focus**. Build your own unique style instead of cookie-cutter one-size-fits-all techniques.

With just 2 hours of training, you will put yourself in the race to the top - be seen as a strong leader by others. Implement and cement the results with once a month coaching for 3 months.

Discover what's best in you, and use it purposefully.

Just think of the Strategic Advantage you'll have - research shows that less than 17% people use their strengths.

Be known for making hard things look easy so others would want to follow you.



You will:

- **Take the guesswork out.** Instead of "I think I am good at this", you will complete and Analyze your **Unique Strengths Assessment**
- Learn to Stop the Harm of **overusing or underusing** your strengths
- **Enhance Your Strengths** - Create your customized Plan
- Recognize and **Enhance Strengths in Others**
- Embed the Wisdom of this program into the **Fabric of your Leadership - Your Leadership Playbook of Success**

Bonus FREE included: Curated List of **Movies and Documentaries**  that help you build your strengths. You will have a worksheet to use after watching a movie to enhance your strengths. Works great for movie evenings with work peers, journal clubs, or family movie nights.

Fun, Fun, Fun!

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"I need to have all my wellness committees become introduced to this approach, first time I have seen a pragmatic approach to wellness." ★★★★★

PROGRAM III

SAVOR to the Max Fuel **YOUR** Success with the Power of **HAPPINESS** Start today!

How joyfully do **YOU** live and savor **YOUR** life?

Practice happiness and tap your hidden potential for success.

The dangerous myth - "If you become successful, you'll be happy."

The wholesome truth - "**Being Happy fuels more Success.**"

With just 2 hours of training, you will put yourself in the race to the top - be seen as a likable and lovable leader by others. Implement and cement the results with once a month coaching for 3 months.

Practice happiness and tap your hidden potential for success.

Make a leap into joy and achievement so others would want to follow you.

Let this virtuous cycle of happiness and success be a part of your life forever!



In this program, you will:

- Learn how **cultural myths of happiness** are causing you harm
- Understand **The Full Spectrum of Happiness** to put to use in your service
- Create an **Easy Weekly Calendar** of evidence based wellbeing activities that take minimal time - some take only seconds
- Have a plan to continue this **journey of happiness** so you don't "fall off the wagon" of joy
- Embed the Wisdom of this program into the **Fabric of your Leadership - Your Leadership Playbook of Success**

Bonus FREE included: 1.5 hours of selected videos and reading about the modern foundations of Wellbeing for your clarity

Let the virtuous cycle of happiness and success be a part of your life forever!

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BASIC (Virtual)	PRO (Virtual)	PRO PLUS - Let's talk about it!
2-3 hours Program Leader or Not Assessment Your Savor to the Max Workbook 1.5 hours of Videos and Readings - Modern Foundations of Wellbeing	2-3 hours Program Leader or Not Assessment Your Savor to the Max Workbook 1.5 hours of Videos and Readings - Modern Foundations of Wellbeing AND Three group coaching sessions, 1 hour each, once a month to implement & cement the learnings	2-3 hours Program Leader or Not Assessment Your Savor to the Max Workbook 1.5 hours of Videos and Readings - Modern Foundations of Wellbeing AND Three group coaching sessions, 1 hour each, once a month to implement & cement the learnings PLUS Our highly Customized and Innovative Throw down the Gauntlet Program.

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"I felt more at peace after the course." ★★★★★

PROGRAM IV

TIME on YOUR Side
Have a Dynamic Day Everyday *DEPENDABLY*
Start Today!

How optimized are **YOU** for high-performance every day?

This program moves you from **Overwork & Overwhelm to the Optimized You.**

Have abundant Energy and Quality time so you are **FREE** to become more successful.

Put yourself in the race to the top with just 2 hours of training. Be seen as a bankable leader by others.

Implement and cement the results with once a month coaching for 3 months.

Elevate your game so others will trust you and follow you.



In this program, you will:

1. Learn common **myths about Time Management** so you can **Stop Wasting Time** trying things that don't work
2. **Master a Framework** that will help you prioritize your time **within seconds.**
3. List the **Evidence-Based Interventions** for Time Management, Efficiency, and Productivity
4. Create and **Deploy your own plan** to conquer overwhelm and be efficiently productive
5. Embed the Wisdom of this program into the **Fabric of your Leadership - Your Leadership Playbook of Success**

Bonus FREE included: 1.5 hours Videos and Readings about the modern foundations of Time Management

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2-3 hours Program Leader or Not Assessment Your Time on Your Side Workbook 90 minutes of Videos and Readings - Modern Foundations of Time Management	2-3 hours Program Leader or Not Assessment Your Time on Your Side Workbook 90 minutes of Videos and Readings - Modern Foundations of Time Management AND Three group coaching sessions, 1 hour each, once a month to implement & cement the learnings	2-3 hours Program Leader or Not Assessment Your Time on Your Side Workbook 90 minutes of Videos and Readings - Modern Foundations of Time Management AND Three group coaching sessions, 1 hour each, once a month to implement & cement the learnings PLUS Our highly Customized and Innovative Throw down the Gauntlet Program.

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PROGRAM V

The **BIG 4 CHORES** of a Leader Made **EASY HIGH-YIELD HACKS** for Speaking, Emails, Meetings, and Delegating
Start today!

How effectively do **YOU** communicate for optimal impact?
Get more done in less time with high-yield field tested techniques.

Put yourself in the race to the top with just 3 hours of training.

Elevate your game with clever shortcuts, easy-to-use templates, and practical workarounds.

Implement and cement the results with once a month coaching for 6 months.

Be seen as an Inspiring Leader by others so they can follow you.



In this Program, you will:

1. Create any **speech within moments** and appear professional. Master the Ancient Three-part method so when you **Speak others will listen**.
2. **Stop causing mayhem** with your own emails and messages. **Tame your Outbox** by adopting 6 reasons to send a message methodology.
3. **Tame your Inbox by Building a Buffer** around it. Take the urgency out of responding to each message.
4. Learn to have **Shorter meetings with Greater Impact**. It works even if you're not running the meeting.
5. Use the best of you and others by mastering the **Four step Delegation process**. Plus **Quick Delegation Diagnostic** to know who needs what to make this successful.
6. Embed the Wisdom of this program into the **Fabric of your Leadership - Your Leadership Playbook of Success**.

Hack away at your chores!

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BASIC (Virtual)	PRO (Virtual)	PRO PLUS - Let's talk about it!
3 hours Program Leader or Not Assessment Your High-Yield Hacks Workbook	13 hours Program Leader or Not Assessment Your High-Yield Hacks Workbook AND Six group coaching sessions, 1 hour each, once a month to implement & cement the learnings	3 hours Program Leader or Not Assessment Your High-Yield Hacks Workbook AND Six group coaching sessions, 1 hour each, once a month to implement & cement the learnings PLUS Our highly Customized and Innovative Throw down the Gauntlet Program.

Add-ons: Event Planner's Special - Add one or all -



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PROGRAM VI

YOUR *Elite Crew*: Elevate Your Team to make your *WINS* Reliable

How passionately and loyally does **YOUR** team contribute to your continuous success?
Build **YOUR** dedicated dependable crew.

YOU benefit at **three** levels - A. **Productivity** B. **Influence** C. **Career Growth**

Put yourself in the race to the top with just 2 hours of training.
Implement and cement the results with once a month coaching for 3 months.
Be known as an Impactful Leader by others so they can follow you.



In this program, you will:

1. **Learn What matters** above all to build an Elite Crew. Dispel the harmful myths about team building and learn what the research shows.
2. Discover the **Platinum Rule** to guide your mind when you build your Elite Crew.
3. Learn to create **Alignment, Wellbeing, and Engagement** using a Three Step Framework.
4. Engage the **Most Important Crewmate - Your Boss**, to be on your side. This is also to **Build your Influence** so everything becomes easy.
5. **Create a Calendar** that uses Minimal time for Maximum impact on your team, without needing more money.
6. Embed the Wisdom of this program into the **Fabric of your Leadership - Your Leadership Playbook of Success**

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About Harjot Singh, M.D., FAPA:

Harjot Singh, M.D. is a Speaker, Author, and The Leadership Gameplan Expert.

He helps an Ambitious Doctor win the **Long Game of Leadership** so they can relax along the way & achieve their goals dependably.

He sees himself as Yoda for the Jedi in You - preparing you to get on the path to your destiny.

A Practicing Physician, A Physician Leader, and Faculty at American College of Healthcare Executives, his work is informed by all three perspectives.

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