

Photo Gallery



Refinement Wellness
 Refinement Wellness Pvt. Ltd.

"Change the way you think, and change your destiny" Rakesh Kumar

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Micro Fitness - USP **"Your Doctor is 2nd most important person taking care of your Health but YOU ARE the 1st."**

Modules

- ❖ Leadership and Managerial skills
- ❖ Critical and Creative thinking
- ❖ Managing health and Self Management skills
- ❖ Emotional Intelligence
- ❖ Developing positive attitude for leading
- ❖ Inner Engineering and positive success
- ❖ Attitudinal Excellence and self empowerment
- ❖ Work Life Balance, Stress and Health Management
- ❖ Dynamic Life Management and Stress Free Living
- ❖ Winning Attitude with right Combination of Body and Mind
- ❖ Communications & Presentation skills for self confidence
- ❖ Professional's life and Health Management
- ❖ Swachh Bharat Mission (Urban/Gramin)
- ❖ Campaign "Say No to Plastic"
- ❖ Drugless Treatment
- ❖ All OUTBOUND training programs/activities

Overview

Refinement Wellness - A company with thought and action believes that Good Planning is only Good if its execution is equally effective. offers innovative programs for living complete life with purpose and its accomplishment. Refinement, its 2 day flagship program, is specifically designed to bring about POSITIVE GROWTH - NOT DOWNWARD PROGRESS in our life. In independent research, participants in Refinement report major positive results in the following areas: the quality of their relationships, the confidence with which they conduct their lives, the level of their personal productivity, the confidence of the differential they make, the degree to which they enjoy their lives with right combination of BODY and MIND= Happiness of life.

Expertise in :
Deficiency Management, Detoxification & LIFESTYLE MODIFICATION

Total workshop 800 (200) Non-stop workshop in EIGHTEEN MONTHS at 20 different locations in different states in INDIA to prove his ENERGY and Managerial skills — a real time ACTION.

Follow the pattern -We Suggest and Recommend

By recognizing this pattern, its costs, and how we have been keeping the pattern in place, we have the choice to interrupt the CYCLE and discover NEW WAYS of interacting that lead to new levels of happiness satisfaction and fulfillment in areas that are most important to us.

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Refinement Wellness Pvt. Ltd.
Corporate Training and Health Management Company

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Mission Lifestyle Modification



Corporate Motivator

Life Style Specialist

Wellness Coach

Expert Speaker on Swachh Bharat Mission

Has been awarded "Best upcoming Innovative Healthcare care concept of the Year 2016-2017"

Lets S.M.I.L.E together to have real happiness in LIFE
Two New Motivational Songs by REFINEMENT WELLNESS, to Highlight the soul of the MODULES.

Professional References

Many workshop with Indian Institute of Public Administration for top Management & Bureaucrats like Managing Directors, G.M., IES, IAS, IFS etc.

Feedback of Individuals/companies:

- ❖ Haryana Police Academy (Conducted trg. for New IPS officers)
- ❖ Indian Aviation Academy (Airport Director, RED and GM etc)
- ❖ Military Engineer Services (Chief, Lt. Colonel, Colonel etc)
- ❖ Alcatel-Lucent
- ❖ Power and Electricity Department, Mizoram
- ❖ Social Welfare Department, Mizoram
- ❖ Reliance HSIIDC
- ❖ National Thermal Power Corporation
- ❖ SIKA India Limited (An MNC from Sweden)
- ❖ Larsen & Toubro
- ❖ N.H.P.C. (Three days workshop)
- ❖ Power Management Institute
- ❖ Power Grid Corporation
- ❖ Indian Renewable Energy Development Agency Ltd.
- ❖ Power Finance Corporation

A two days workshop on Stress management and Micro Fitness was conducted at Head Quarters Chief Engineer Pathankot Zone Officers Mess, Pathankot by Mr. Rakesh Kumar, Corporate Motivator & Life Style Specialist. A strength of 30 Officers and 10 ladies attended the workshop. The speaker was quiet energetic and kept the sessions interesting with lots of logical examples and real life experiences.

-Colonel Ajay Kumar Sharma -MES, Pathankot

A very nice package with stress on those issues which usually remain hidden like relationship and communication. As a person Mr. Rakesh has good sense of humor with nice presentation skill. He has done an honest effort to spread the word about Health.....**Dr. Nasir Irfan, Kishtwar, Kashmir.**

Nice to meet you as trainer and you prove it that Health is real Wealth. Thanks a lot, learn a lot from you.
.....Dr. Pooja .A.C.M.D.

It is beautiful being with you sir. I have given child birth 6 months back and was in DEPRESSION. Your classes have helped me to overcome that. Sir your training has given me MOTIVATION and support that I can get back in shape, thanking you sir.....**Dr. Romana Wani**

Mr. Rakesh has infectious enthusiasm and zeal for life. His effective, energetic, simple and interesting way of conducting the session makes it a memorable life changing experience. The tips given for healthy way of life as well as the steps for exercise are very practical and does not need extra equipment or time. I thoroughly enjoyed this highly recommendable workshop.....**.....Manisha Shrivastava, Chief, NHPC, Himachal Pradesh**

As a trainer Shri Rakesh Kumar is extraordinary skilled person with explicit knowledge of the topic. He taught us lucidly with practical exercises which rejuvenated my Body and Mind. He gave us new direction in life by providing adequate about managing health in our day to day life. How to combat "Stress" was covered in a very delicate manner. I like and appreciate the training program from the love of my heart. Thank you.
.....Dr. Prasenjit Dhar, Manipur

It was wonderful program, everybody was involved and best part was that no body was sleeping. I appreciate Mr. Rakesh Kumar for conducting program with full energy and same was well appreciated by all participants.
.....Mr. P. Sreenivasan, General Manger-HR, Indian Renewable Energy Development Agency

Mr. Rakesh Kumar's energy level was remarkable he could manage to involve all participants. I switched off my mobile and forgot to switch it on again. Program was well designed and precise that it was started and completed at exact time. His presentation skill was remarkable.
Mr. Abhilakh Singh, General Manger-Indian Renewable Energy Development Agency

"Thought Planning and Action Total Package of Achievement"..... Rakesh Kumar