

CAREER DEVELOPMENT PROGRAMS



AHAM I AM ENOUGH TRAINING
GROUP

www.ahamiamenough.com

+91 7330868720 +918106064015 +918333803810

AHAM works on bridging the gaps that act as a stumbling block to your future success. Our programs are designed in a way that they help you in transitioning from campus to a working environment in a smooth manner. Our college programs are personalized learning experiences that link theory with practical applications, you will get a taste of another discipline and develop new life skills, such as professional communication and personal development, that are transferrable to any career.

At AHAM, we hope to shape the minds of the students who will go on to shape the world of tomorrow. You will explore the issues relating to the emerging field of positive psychology, with a focus on the relationship between wellbeing, pro-social behaviour and peak performance at individual, group and community levels.

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I AM ENOUGH TRAINING GROUP offers reassurance of quality through setting requirements and standards. Learning is a journey, not simply a destination or an end point; learners are people, not merely statistics. In working with us you are choosing a travelling companion to enrich the experience.

Come, join and create your new future self.

Our Modules

LEADERSHIP SKILLS

EMPLOYABILITY SKILLS

COMMUNICATION SKILLS

I, ME & MYSELF

BRANDING YOUR IDENTITY

WHY I AM ENOUGH TRAINING GROUP

OUR PROMISE

We guarantee to have a positive and lasting impact on your students through our training.

We customize the workshop/seminar/keynote/course to meet the needs and requirements of our clients.

We provide material to the participants that they can refer to at a later date for their use.

We have a team of educationists and consultants with vast national and international experience.



Dr. Taneja is a pioneer in the field of training and development. She has over 20 years experience working with governments, organizations and individuals in the field of teaching, communications, happiness, program delivery and content creation.

Dr. Taneja 's content is majorly driven by her research in Human Values for her Doctoral thesis. Her expertise lies in audience engagement and providing practical tools and strategies. Her experience includes working with UNICEF, UNAIDS, IVI, APEC and UNESCO on various aspects of education and health in senior positions. She has lived and worked in Australia, India, Japan, Sultanate of Oman and South Korea. Red Cross, South Korea awarded her the gold medal for outstanding contribution to social causes.

She is the founder and director of I AM ENOUGH TRAINING GROUP and is the lead content generator and motivator. She is known for her practical, concrete advice combined with a highly entertaining delivery. She believes when you know better you do better.