



S P E A K E R   P R O F I L E

**DR SAURABH PATIL**

**SPECIALIST FOR MEN : COACH | SPEAKER**



# SPR (Stop Pause Restart) Specialist for men. Coach. Speaker.

SPR SPECIALIST FOR MEN  
COACH | SPEAKER

## DR. SAURABH PATIL

# HELLO,

Working with empathetic, noble-spirited men, he helps them channel their inner rage into personal growth, be their best versions, and fuel it to reach their dreams.  
SAURABH IS AN SPR (STOP PAUSE RESTART) SPECIALIST FOR MEN

### ABOUT ME:

Saurabh Patil is an accomplished speaker, men's coach, and seasoned restaurateur.

Inspired by his life experiences, he has taken on a mission to empower men to surmount the debilitating effects of stress, burnout, and anxiety. Saurabh draws upon his own personal challenges and learnings to guide men towards attaining a higher level of existence, thereby unlocking their true potential and achieving fulfilment in their lives.

IT'S IMPORTANT TO BREAK THE CAGE FOR MEN. HENCE AS AN SPR (STOP-PAUSE-RESTART) SPECIALIST SAURABH WORKS WITH MEN TO HELP THEM CHANNELIZE INNER RAGE IN ORDER TO FUEL THEIR QUEST TO BECOME A BETTER VERSION OF THEMSELVES

### TOPICS:

- ✓ How to break free from the Cage

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- ✓ How to use rage as positive energy for achieve your dream/success.

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- ✓ Identify your personal strengths and handle conflicts

### OUTCOMES:

- >>> Live a fulfilled and equal life
- >>> Learn to be more eloquent and effective communicator and manage your emotion.

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- >>> Whatever you hold in your mind on a consistent basis is exactly what you will experience in your life.
- >>> When you focus on the positive, the whole world opens up to you.

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- >>> Alternative solutions
- >>> Synergetic solutions to common problems

Past Clients:



### Delivery methods:

Keynote | Masterclass | Coaching | Panel discussion | Workshops

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### ACHIEVEMENTS:

Supernova- Significant achievement in L&D in 2022 by Indian leadership Academy