

# One day. The actor's power, then a *leader's* character.

Six and a half hours with Neeraj Kabi. The morning trains your leaders' breath, body, voice and mind. The afternoon uses them to build the character of a leader, the way an actor builds a role.

6.5 HOURS

UP TO 20

YOUR OFFICE

NEERAJ COACHES IT

Neeraj Kabi

SHIP OF THESEUS • SACRED GAMES  
PAATAL LOK • GANDHI FOR SHYAM BENEGAL



## HOW THE DAY RUNS

### Session 1. The actor's power in a leader.

MORNING • 3 HRS

*"The tools of acting training can be used in your personal life as well to make you a better person and a more powerful person. Power is your ability to take yourself to your highest version."*

NEERAJ KABI

Real acting exercises, done as a group, everyone at once, nobody put on the spot. Four instruments, in this order:

#### Breath

Raised and lowered on demand. Noticed before you react.

#### Body

Moving at a five while the breath stays at a two. Both dials in your hands.

#### Voice

Carried by the breath. Thrown across the room without strain.

#### Mind

Anger at a three, then a four. An emotion is a dial, not a switch.

LUNCH • 30 MINUTES • THEN TWO SHORT TEA BREAKS

### Session 2. Building a leader's character using an actor's technique.

AFTERNOON • 3 HRS

*"Leadership is your personal mastery of your craft and your life such that you are prepared to respond to any situation that your work or life throws at you."*

NEERAJ KABI

A character is three things: how you hold your body, how you think and feel, and how you speak. Your leaders build characters step by step. A simple one first, to feel how the method works. Then Gandhi. Then Ratan Tata. Then the traits of world leaders. Then the one that matters: themselves, as a leader. Every exercise is done with honesty, integrity and excellence.

Midway, each person gets a desk card: the definition of a leader, and the traits to practise. Neeraj believes they will keep it on their desk, and it will remind them every day.

*What they take back, in Neeraj's words:*

*"You will take back something very powerful as a life long practice to build honesty, integrity and excellence at your work place."*

## PROOF

47

DID THE MORNING IN GURUGRAM, SEPT 2026

9-10

EVERY SCORE OUT OF 10 (15 RESPONSES)

7

WROTE "SEE THINGS AS THEY ARE", UNPROMPTED

Dec

FIRST CORPORATE DAY, A SALES TEAM, DELHI NCR

## FOR THE ORGANISATION

**Your leaders know what to do. Under pressure, they do the old thing.**

Leadership training explains behaviour. When the meeting turns, the habit comes back. This builds the person, not the checklist.

- Composure under pressure. Prepared to respond, whatever the day brings.
- The same leader after the meeting as in it.
- A daily practice, with a card on the desk, not a binder on a shelf.

## WHY ONE DAY, NOT TWO

Neeraj's rule. The effect of a workshop fades on day two, so he finishes it in one. *"We leave them not with an exciting workshop. We leave them with a lifelong technology."*



## WHY NEERAJ KABI

He built Gandhi for Shyam Benegal with this method. A working actor, not a trainer. On what the afternoon asks of people: *"It's not to pretend. It's to become."* Corporate rooms since 1996: TCS, Intel, British Gas.

## WHO IT IS FOR

Leaders at any level, up to 20 in a room, with the energy for a day on their feet. Track pants, no phones, doors shut.

Next

01 A 30-minute call with Deepankar and Rajul.

02 Lock the date.

03 Scope and PO. We build.