

LEGS for Growth

Editorial

Empowering People, Businesses and Societies



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Helping you take advantage of emerging opportunities.

At Companion Global, we empower businesses to achieve their full potential through strategic guidance and expertise. Our comprehensive suite of services includes Information and Knowledge Processing, Content Evaluation, and Project Advisory, designed to help Product, Service, Content, and Solutions providers navigate complex challenges and capitalize on emerging opportunities.

Our team of experts provides objective insights, industry expertise, and innovative solutions to drive growth and success. We take a collaborative approach, working closely with our clients to understand their unique needs and goals. Whether you're looking to refine your business strategy, optimize your operations, or develop effective promotional materials, we're here to help.

By partnering with us, you'll gain access to expert guidance, actionable insights, and innovative solutions. Our services are designed to enhance your decision-making capabilities, drive growth, and achieve sustainable success. Let us help you unlock new opportunities and achieve your business objectives..

Visit : www.companionglobal.in

 welcome@companionglobal.in



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Once we know and are aware, we are responsible for our action and our inaction. We can do something about it or ignore it. Either way, we are still responsible.

-Jean-Paul Sartre

"LEGS for Growth" Newsletter and holistic growth:

LEGS stands for Learn, Earn, Grow and Support Others. The "LEGS for Growth" Newsletter is designed to provide valuable insights, strategies, and resources for personal and professional growth. The newsletter focuses on holistic development, covering topics such as:

- Learning and Development: New skills, trends, and industry insights
- Emotional Intelligence: Self-awareness, empathy, and relationships
- Growth Mindset* Overcoming obstacles, resilience, and motivation
- Success Stories: Inspiring stories of growth and achievement

Holistic Growth

Holistic growth encompasses the development of the whole person - mind, body, and spirit. It involves:

- Physical Well-being: Health, wellness, and self-care
- Emotional Intelligence: Self-awareness, empathy, and relationships
- Mental Clarity: Focus, productivity, and mindfulness
- Spiritual Growth: Purpose, meaning, and fulfillment

By subscribing to the "LEGS for Growth" Newsletter, you'll gain access to valuable resources and insights to support your holistic growth journey.

Your dreams and smiles can establish India as a 'Global Brand' by creating a work oriented society; That's why we care and respect your dreams and smiles to make it a powerful tool.

Mentoring programs in small businesses

Mentoring programs in small businesses can be highly beneficial for employee development and growth. Here are some key requirements:

Clear Objectives:

Define program goals: Establish specific, measurable objectives for the mentoring program. **Align with business strategy:** Ensure the program supports the company's overall strategy and goals.

Mentor Selection:

Experienced mentors: Choose mentors with relevant experience and expertise.

Mentor training: Provide training for mentors on effective mentoring techniques.

Mentee Selection

Identify mentees: Select mentees who would benefit from mentoring and have potential for growth.

Clear expectations: Communicate expectations and goals to mentees.

For support services related to the Mentoring Program, email: ask@companionglobal.in



SANKALP

The Indian government has launched initiatives like the Skills Acquisition and Knowledge Awareness for Livelihood Promotion (SANKALP) program and the Pradhan Mantri Kaushal Vikas Yojana (PMKVY) scheme to provide training and skill development opportunities in the semiconductor industry. Collaboration between industry and academia is crucial to develop a skilled workforce. Companies like Tata Electronics and Vedanta-Foxconn are partnering with educational institutions to provide training and internship opportunities

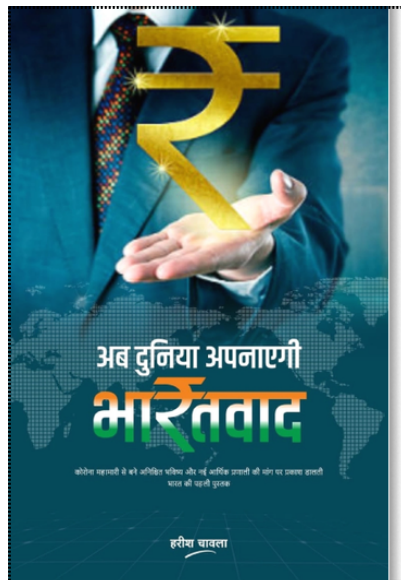
Unlock new opportunities with Skill Switch

In today's fast-paced and ever-changing work environment, the ability to adapt and switch between different skills is crucial for success. Skill switch refers to the process of transitioning between different tasks, roles, or industries, leveraging existing skills and acquiring new ones to stay relevant and competitive.

Why Skill Switch Matters

- **Future-proof your career:** Develop a versatile skill set to stay employable in a rapidly changing job market.
- **Enhance productivity:** Switch between tasks and roles to optimize workflow and efficiency.
- **Foster innovation:** Combine different skills and perspectives to drive creativity and innovation.

By embracing skill switch, individuals can unlock new opportunities, drive personal and professional growth, and stay ahead in an ever-evolving work landscape.



Create a society where information is power.

In a knowledge society, information is power. Access to knowledge empowers individuals, organizations, and communities to make informed decisions, drive innovation, and thrive. However, knowledge gaps can hinder progress, exacerbate inequalities, and limit opportunities. Let's explore strategies to bridge these gaps and foster a more inclusive, knowledgeable, and prosperous society.

Associate with us for Bridging the Knowledge Divide. You may contact us for Content Ideas and Content Evaluation Support Services. To learn more visit: www.companionglobal.i.in

To reduce knowledge gaps, consider the following content types:

Blog Posts: Articles on job roles, career paths, and industry trends.

Social Media Posts: Engaging content featuring success stories, job openings, and industry insights.

Videos: Interviews with professionals, job descriptions, and industry overviews.

Infographics: Visual representations of industry statistics, job growth, and required skills.

Puzzle 4: Percentage of Profit

In a certain store, the profit is 320% of the cost. If the cost increases by 25% but the selling price remains constant, approximately what percentage of the selling price is the profit?

Answer on page 4.

Appraisal Meeting Essentials

When preparing for an appraisal meeting, consider highlighting the following key points: Your achievements and contributions, including specific successes and their impact on the organization, as well as goals met or exceeded. Discuss challenges faced, areas for growth, and support needed to overcome obstacles. Outline new goals and objectives for the upcoming review period, along with a clear action plan and required resources. Additionally, discuss your career aspirations, seek training or development opportunities, and request guidance or mentorship. Finally, provide constructive feedback on management or processes, address concerns, and offer suggestions for improvement.

Points to Cover :

- Achievements and Contributions
- Areas for Improvement
- Future Goals and Objectives
- Career Development
- Feedback and Concerns

Calculate your AI Exposure Score

Your personal AI exposure is based on several key factors:

- Skill breakdown: how exposed your current skills are to AI.
- Task complexity and repetitiveness: likelihood of AI being able to perform your job tasks.
- Tool analysis: products that are enhancing or automating your role, and how quickly and widely they're being adopted.

Questions for this week

What is Market Validation for starting a new business,?

Answer on Page 4



Searching for internships?

When searching for internships, consider the following tips::

- **Identify Your Goals:** Decide on the industry, role, or skills you want to explore.
- **Research Opportunities:** Look for internships on platforms like LinkedIn, Internshala, or company websites.
- **Customize Your Resume:** Highlight relevant skills, coursework, and achievements.
- **Prepare for Interviews:** Research the company, rehearse common interview questions, and showcase enthusiasm.
- **Follow-up:** Send a thank-you email after the interview to reiterate your interest.

Take control of your mental diet

Just as a healthy diet nourishes your body, a balanced mental diet enriches your mind. Yet, many of us neglect this crucial aspect of our well-being. We often prioritize entertainment value over intellectual or emotional sustenance, exposing ourselves to toxic or unwholesome content. The consequences can be insidious, eroding our mental resilience and clarity. Take control of your mental diet today. We must curate our mental intake to foster growth, wisdom, and peace. Choose content that inspires, educates, and uplifts. Your mind, like your stomach, will thank you."

Unlock Your Potential with 3AC

Everyone aspires to grow and succeed, but few know where to start. Try 3AC, a simple yet effective approach: Assess your strengths, weaknesses, and goals (A1); gain valuable insights and knowledge (A2); take proactive steps towards growth (A3); and communicate, share, and collaborate with others (C). By implementing 3AC, you'll unlock your potential, overcome challenges, and achieve personal and professional growth. Empower yourself with a growth mindset and start your journey today!

INTRODUCING THE 4-WEEK LEGS PROGRAM

Specially designed for:

- Freshers
- Girls
- Working Women
- Housewives
- Small Businesses
- Start-ups
- Unemployed Youths

Answer : What is Market Validation



Market validation is the process of researching and validating the demand for a product or service in a specific market. It involves gathering data and feedback from potential customers to determine if a product or service is viable and meets their needs.

The goal of market validation is to reduce the risk of launching a product or service that may not be successful.

Boost Your Content's Impact!

Do you create reels or any kind of content? Don't waste time creating content that doesn't resonate with your audience or generate revenue. Our team can guide you on:

- Identifying in-demand content types
- Monetization strategies
- Market trends and insights

We'll support you in creating METFET- oriented content (Media, Education, Technology, Finance, Entertainment, Tourism) with comprehensive content evaluation to ensure maximum impact.

Get our expert guidance and content evaluation support to amplify your content's reach, engagement, and revenue potential. Let's work together to drive success!"

Companion

Companion is a cutting-edge platform that empowers businesses and organizations to become value creators. By harnessing the power of AI, we provide data-driven insights, strategic guidance, and operational support, enabling businesses to optimize their performance, drive innovation, and create sustainable value.

Question for you:

How can we create work opportunities for the general public and spread happiness in human lives?

Reply to:
director@companionglobal.in

Join Our Network of Subject Experts!

Are you a specialist in your field? We invite you to collaborate with us as a Knowledge Partner for:

- Knowledge delivery
- Advisory activities

Share your expertise and contribute to meaningful projects. Let's work together to create impactful outcomes. Interested? Let's connect!
Email: humancapital@companionglobal.in

KhaAI: Protecting Young Minds

Mission to Foster Healthy Content Consumption

The content consumption behavior of children, particularly Gen Z and Alpha, is a growing concern for parents. KhaAI is dedicated to promoting healthy growth and well-being among young people aged 5-29 by:

- Countering detrimental content that harms mental and emotional well-being
- Replacing low-value content with value-based content
- Fostering positive habits and emotional resilience

Through our comprehensive approach, KhaAI aims to empower the next generation with positive values, enabling them to reach their full potential and thrive. By encouraging healthy content consumption habits, we strive to make a positive impact on the lives of young people and shape a brighter future.

KhaAI

Add Value to Content you Consume

Brief:

THE KHAAI PLATFORM HELPS YOU EVALUATE YOURSELF, INCREASE YOUR LEVEL OF AWARENESS, AND TAKE ACTION TO CHANGE YOUR MINDSET AND LIFE. WITH KHAAI, YOU CAN TAKE YOUR BUSINESS FORWARD BY MAKING YOURSELF HUMAN CAPITAL.

Objective:

DEVELOP A MINDSET TO BECOME HUMAN CAPITAL

Special Feature:

It may also be "Your ideal gift for someone you really care about".

Answer to Puzzle 4:

Let C.P.= Rs. 100. Then, Profit = Rs. 320, S.P. = Rs. 420.

New C.P. = 125% of Rs. 100 = Rs. 125

New S.P. = Rs. 420.

Profit = Rs. (420 - 125) = Rs. 295

Required percentage =

$(295/420 \times 100) \%$
 $= 1475 / 21\% = 70\%$
(approximately).

Let's make a positive impact together.

We're working tirelessly to challenge conventional mindsets and empower individuals to reach their full potential. We've identified four key groups that we support in unique ways:

1. Those seeking opportunities: We offer 8 potential options for individuals looking to start their journey.
2. Solopreneurs: We discuss 3AC solutions to help scale their businesses.
3. Product/Service/Content / Solution providers: We encourage adopting RISE solutions to boost business growth.
4. Experienced professionals: We invite them to become Knowledge Ambassadors, sharing their expertise with others.

Please share your story, and let's discover how we can make a positive impact together.