

GOLDEN EDGE series

TIMELESS PRINCIPLES *of* INSPIRED LEADERSHIP



Vijayakumar Pitta is a Workplace Transformation Strategist and Behavioural Change Specialist with over 25 years of global corporate experience across multinational environments. Blending technology expertise, organizational psychology, and behavioural science, he helps individuals and organizations enhance performance, leadership, and sustainable growth. His work spans leadership development, employee engagement, emotional intelligence, mental wellbeing, career transitions, and inclusive cultures. Over the past five years, he has impacted 5,000+ professionals through corporate, university, and international development initiatives.

Invitation

MICRO HABITS that could CHANGE OUR LIVES for the better

TALK BY

MR VIJAYAKUMAR PITTA

WORKPLACE TRANSFORMATION
STRATEGIST &
BEHAVIOURAL CHANGE SPECIALIST

**MAR
14
2026**

SATURDAY
6:15 pm - 7:30 pm

TANISHQ

Old No.AA3, New, 10,
2nd Ave, Anna Nagar, Chennai

PARTNER



CHAMPIONWOMAN



Route Map to
the Venue -
Click to view

SYNOPSIS

Micro habits are small, simple actions repeated daily that quietly shape the direction of our lives. While we often believe that meaningful change requires big decisions or dramatic effort, real transformation usually begins with tiny, consistent steps. These small habits may seem insignificant at first, but over time they influence our mindset, energy, relationships, productivity, and wellbeing. Because they are easy to start and easy to sustain, micro habits reduce resistance and make change feel natural rather than overwhelming. Just as drops of water can fill a vessel, small daily actions can gradually build confidence, discipline, and positive momentum. In the long run, it is not intensity but consistency that reshapes routines, rewires patterns, and turns ordinary days into meaningful change. As these habits accumulate, they begin to strengthen our ability to grow.

PROGRAMME

- 6:00 PM **Tea/Coffee/Networking**
- 6:15 PM **Welcome Address & Introduction
of the Speaker**
- 6.20 PM **Address by the Speaker**
Mr Vijayakumar Pitta
Workplace Transformation Strategist &
Behavioural Change Specialist
- 7:05 PM **Q&A**
- 7:20 PM **Vote of Thanks**
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For Registration, mail to **stephy@rvinds.com**
or contact **Ms Stephy on 97915 27507**

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