

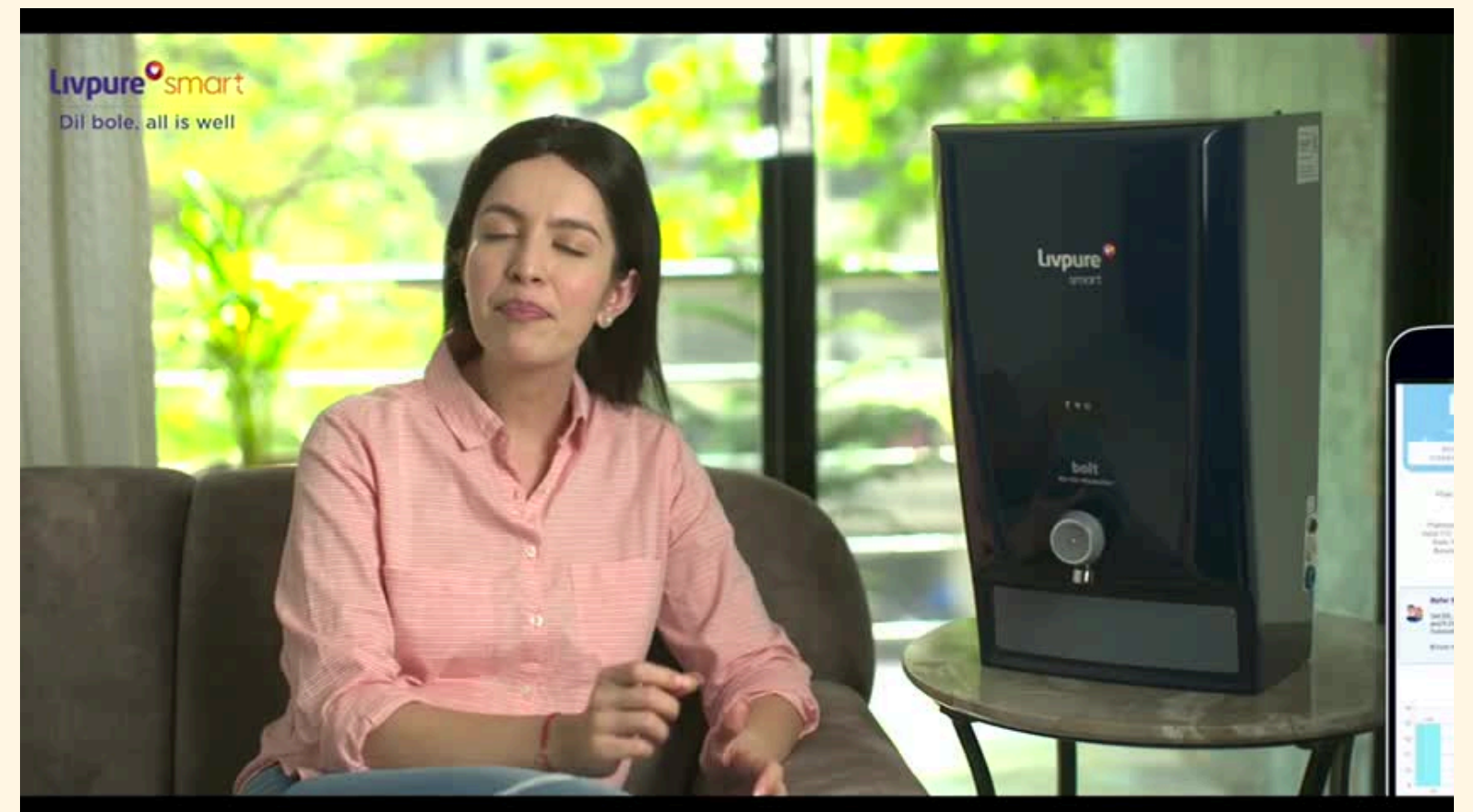
SHAGUN KHURANA

**Podcast host, Anchor,
Public Speaker**



CORPORATE FILMS

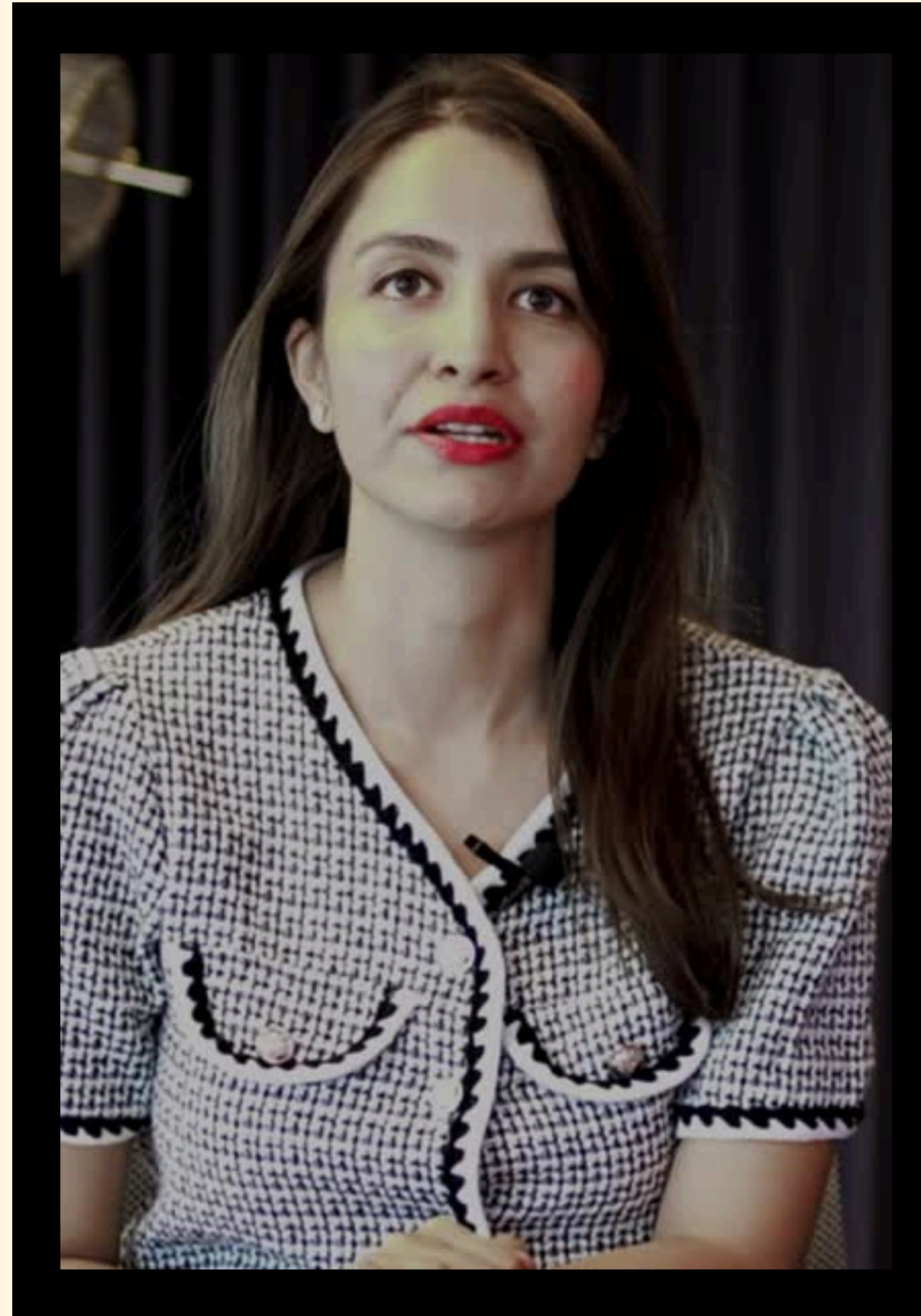
- PODAR WORLD SCHOOL
- LIVPURE SMART RO



PODCAST INTRODUCTION

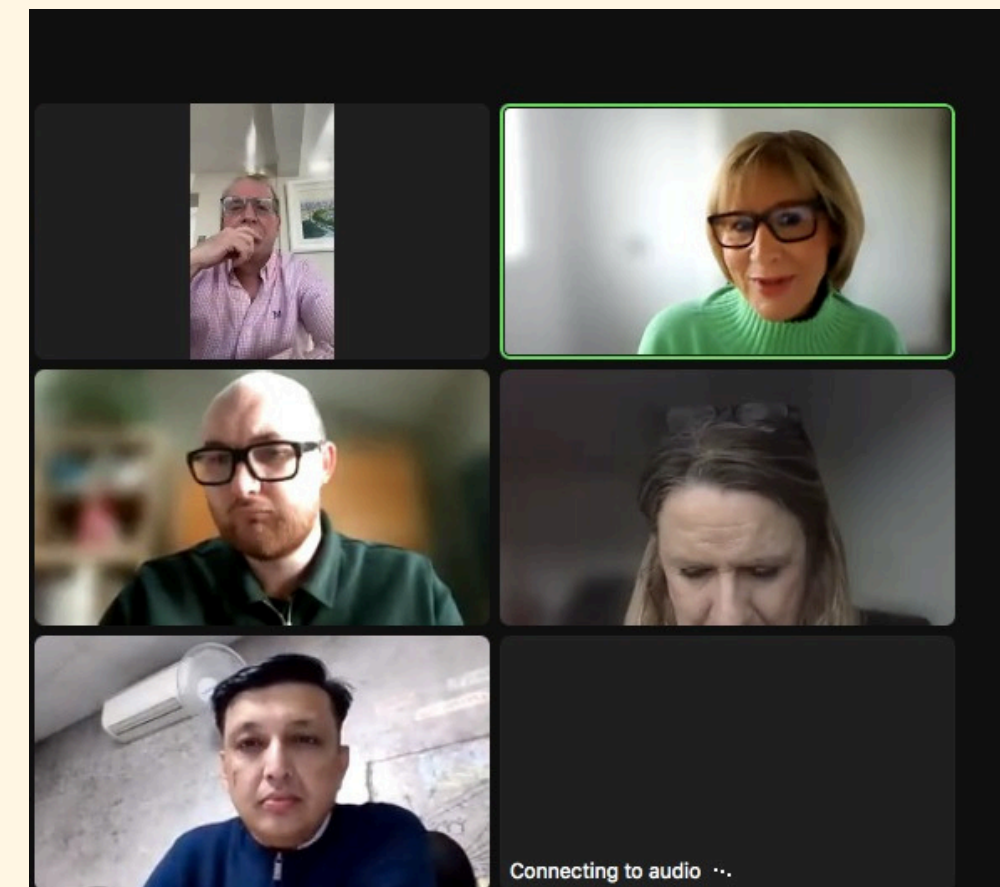
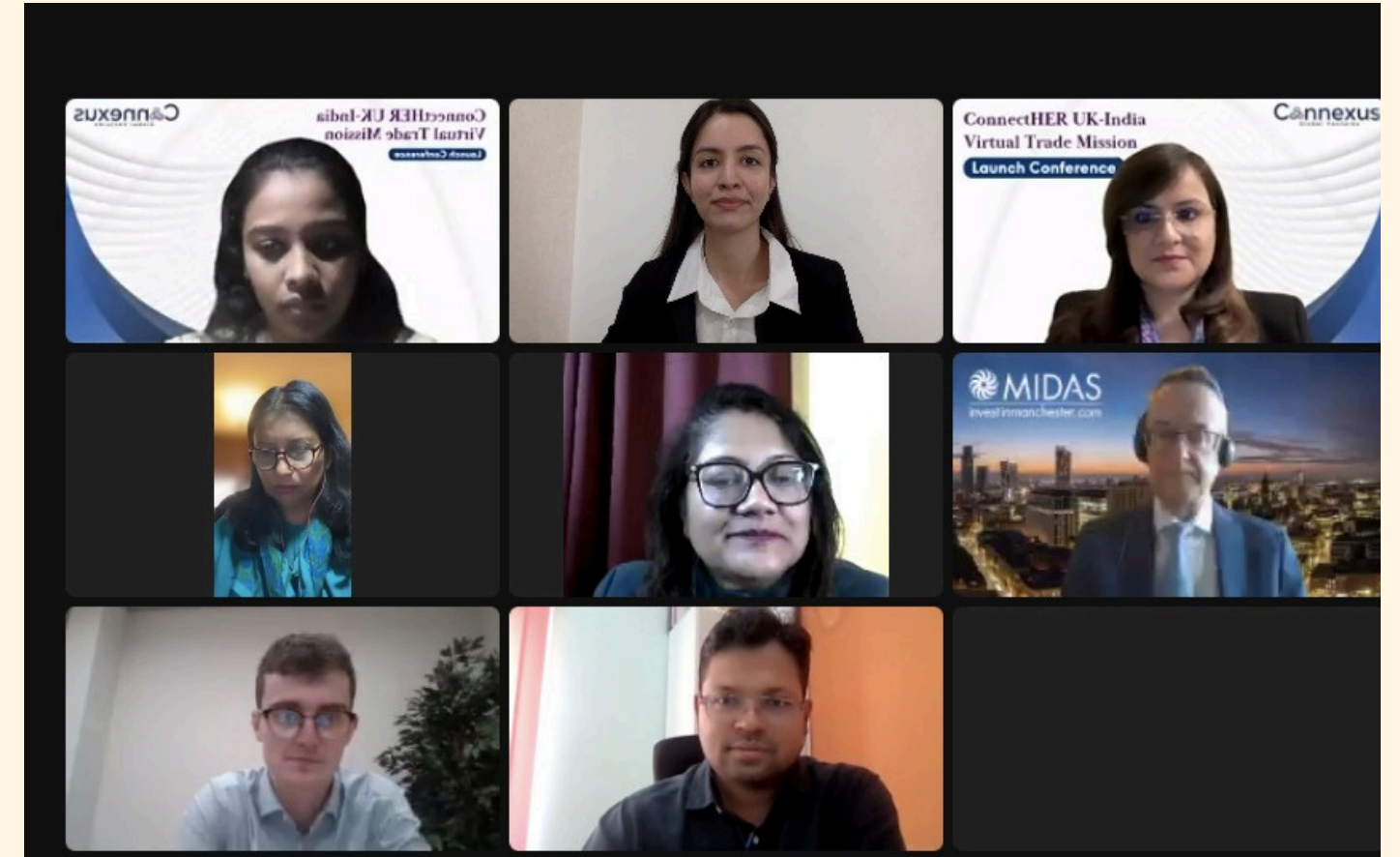
FULL VIDEO

<https://drive.google.com/file/d/10wE4f0Q4KVQGD4pZDi2C8WkzM6cfU481/view>



WEBINARS CONDUCTED FOR

- **CONNEXUS - UK**
- **AGENT ON TUBE - TORONTO**



ANCHOR FOR BUSINESS NETWORKING EVENTS

Watch here:

<https://www.instagram.com/breakthoroughoriginals/>



BRIDGE TO BUSINESS
SHAMARA APNA NETWORK

BATUKBHAJ
JEWELLERS
ESTD. 1988

MS. SHAGUN KHURANA
Anchor

Co-Founder
Breakthrough Socials

SATURDAY 6th JULY

5.00 P.M. Onwards Entry By Invitation Only.

Plot no. 67, W.H.C Road, Shankar nagar, Nagpur 440010
For more details contact +91 9637650238



PODCAST SCRIPTS

For a Psychologist

Unique Challenges:

1. **Stress Management:** What are some effective stress management techniques specifically tailored to the high-pressure environment of running a startup?
2. **Work-Life Balance:** How can business owners achieve a healthy work-life balance, especially when their business feels like their "child"?
3. **Decision Fatigue:** Founders often face a constant stream of decisions. What strategies can help them avoid decision fatigue and maintain clear thinking?
4. **Imposter Syndrome:** Many founders experience feelings of inadequacy. Can you share some tips for overcoming imposter syndrome and building self-confidence?

Maintaining Mental Wellness:

1. **Setting Boundaries:** How can business owners establish healthy boundaries between work and personal life to protect their mental well-being?
2. **Prioritizing Self-Care:** Building a business can be all-consuming. What self-care practices are essential for founders to maintain their mental and physical health?
3. **Identifying Warning Signs:** What are some early warning signs of burnout or mental health issues that founders should be aware of?
4. **Building Resilience:** The startup journey is full of ups and downs. How can founders build resilience to cope with setbacks and challenges?

Creating a Supportive Work Environment:

1. **Mental Health in the Workplace:** What steps can business owners take to promote mental health awareness and well-being within their teams?
2. **Managing a Remote Workforce:** Many startups have remote teams. How can founders ensure their remote employees feel supported and connected, fostering a positive mental well-being environment?
3. **Work-Life Balance for Teams:** What strategies can business owners implement to encourage work-life balance for their employees?

For a Nutritionist

Nutrition for Women in Their Late 20s:

- How can nutrition help manage hormonal fluctuations?
- What nutritional habits can women in their late 20s adopt to support long-term health?
- How do individual needs, like activity level and metabolism, affect calorie requirements?
- How does sleep affect our appetite and metabolism?
- Name 3 go to snacks, that will always be in your bag?
- Home-cooked food generally healthier than packaged meals, suggest your top 5 favorite home cooked meals

Dieting and Weight Management:

- What are some healthy and sustainable weight management strategies for busy young people?

Lifestyle Changes and Healthy Habits:

- How can we incorporate all the nutritional elements and eat enough throughout the day?

Vitamins and Supplements:

- When is it necessary to take supplements, and how can we choose the right ones?

Midnight Cravings and Emotional Eating:

- What are some healthy and satisfying alternatives to emotional eating?
- What is your take on fasting? Can doing it once a week be really helpful?
- Is it good to consume protein powders, or are they actually harming our body in the long term?
- What is your full day diet on a regular day look like?
- Vegetarian Protein sources?
- What changes to be made in the body, when you are feeling bloated?
- A teaspoon of white sugar everyday with tea or coffee is also unhealthy? Does replacing it with jaggery do any good?
- Should we mix rice and roti in the same meal, is it ok to digest such a meal?
- We tend to get confused sometimes, we are actually thirsty, but our mind thinks we are hungry and then we run to the fridge to get snacks? How to train the mind?
- First 3 things that you pick up, when you enter the departmental store?
- What are the advantages of apple cider vinegar, do you strongly recommend it?
- What should be the first drink in the morning and the last drink before you go to sleep?
- How many cups of tea or coffee is healthy in a day?
- Can you explain everyone about your 'signature green juice' I think that is the secret of your glowing skin
- How important is it, to indulge in little treats especially during festivities and not starve yourself?

**THANK
YOU**



[breakthroughoriginals](#)



+919209684962