Did you know that 92% of all new year resolutions fail? 
Here are some tips to #Make it Stick!

A new year brings with it lots of hope and happiness along with it. Its at this time that many people think of new year resolutions probably, because it will help them set a date for starting their wish. But the question is how many will be able to sustain their resolution till the end of the year??

Sustaining a resolution requires a great deal of willpower and a strong motivation. Most importantly, you also need a strong reason behind setting the same. In today’s world of constant distraction and lack of focus, it is imperative that we stick to what we set. And yes, its possible. Here are some tips I would suggest before you actually set your big hairy audacious goals (BHAG) for 2018!

• Keep it short and simple
• Choose a positive habit that you wish to cultivate
• Choose a negative habit that you wish to curb.
• Be realistic and practical when you set goals. set SMART goals
• Convey your resolutions to your near and dear.
• Write down your goals
• Follow it on a up daily basis
• Appreciate yourself

A new year is an opportunity to invent a new YOU! May this new year bring great 4Tunes to you!

- CeeVee
This New year, resolve the following

**Smile more**

*Say “PLEASE” and “THANK YOU” a lot.*

**Stop Watching TV**

Instead invest your time in learning something new every day!

*Do something that makes you feel uncomfortable at least once every 7 days*

**Stop Procrastination**

*Think positive*

**Achieve 5 little goals each day**

**Drink more water**

**Start your day with 20 minutes of exercise**

*Ritualize the habit of reading for 60 minutes every day.*
Tenth edition of T4T K-NET Meet

Our monthly trainers meet was conducted on Jan 2nd at DSpace Vytilla. Mr. Krishna Kumar, CEO of Green Pepper delivered the keynote address on "Learning in the age of distraction and why online learning is growing faster" Trainer Talks were by Tr.Prof.Dr.Lalitha Mathew on Work-life integration -The Right blend and Tr.Anuji Chris on "Leading change at every level"

Panel discussion on Entrepreneurship

Our CEO was invited as a Panelist at Amritha School of Business to speak at their Annual Business Plan contest. She interacted with the students and answered their queries on starting up.

HR heads Meet

A meeting of HR heads was held at Hotel Park Center on Dec 16th and Ms.Chandra hosted and facilitated the session effectively using methods of world cafe and speed networking. The forum is named as People Leaders

MAKERCAM for Kids

A unique vacation camp for kids of age 10-15 on robotics and steam education was held on Dec 28-29 in association with NEXTEEN Education. The camp was well enjoyed and a great learning experience for the kids. Tr.Nirmal K.A conducted the session
4Tune Turns 4 this Jan

Jan 8th, 2014 was when 4Tune factory became functional as a consulting firm. Technically, we were formed in 2013 as an Audio firm as a part time business of our founder. She was lazy to find another name and form a new entity when she embarked into entrepreneurship full time and decided to continue the name just by altering the pronunciation! Well, that makes us legally 5 year old and practically 4 year old. Yeah, its complicated! Well, we decide to stay younger! and hence choose to celebrate our 4th year on Jan 8th, 2018! Well wishers are welcome to share our happiness by 11am at our office!

This January, Ms. Jufor John, has joined the 4Tune Team

Our New Year Celebration

Upcoming Events

- January 26: Prayaana orientation at KSUM for women developers.
- January 30: Monthly K-NET Meet
- February: Career Practitioner Workshop will be held at Kochi Anyone who wish to provide career counseling and set up a business as a career practitioner can undertake the same. For more details: 8590339393

We now have a dedicated recruitment service desk. Contact:8590339393 to hire the best candidates for your organization

4Tune Factory, NRI- TBI, Thapasya Building, Infopark, Kakkanad, Kochi – 682030
Ph No: 8590739393 / 8590339393