A motivational video and discussions help the employees to be exposed to a higher level of an audio-visual sensory burst of high energy. Whenever we watch motivational videos, our mind is spread with positivity, and we feel better for some time. The best way to learn something is to involve in it. This discussion helps them think and express themselves. Everybody cooperates in the meeting, and the ideas and opinions of everybody are respected. Thus, there is a development of a democratic way of thinking and making decisions. This provides ample opportunities for the trainee to train with self-expression.