

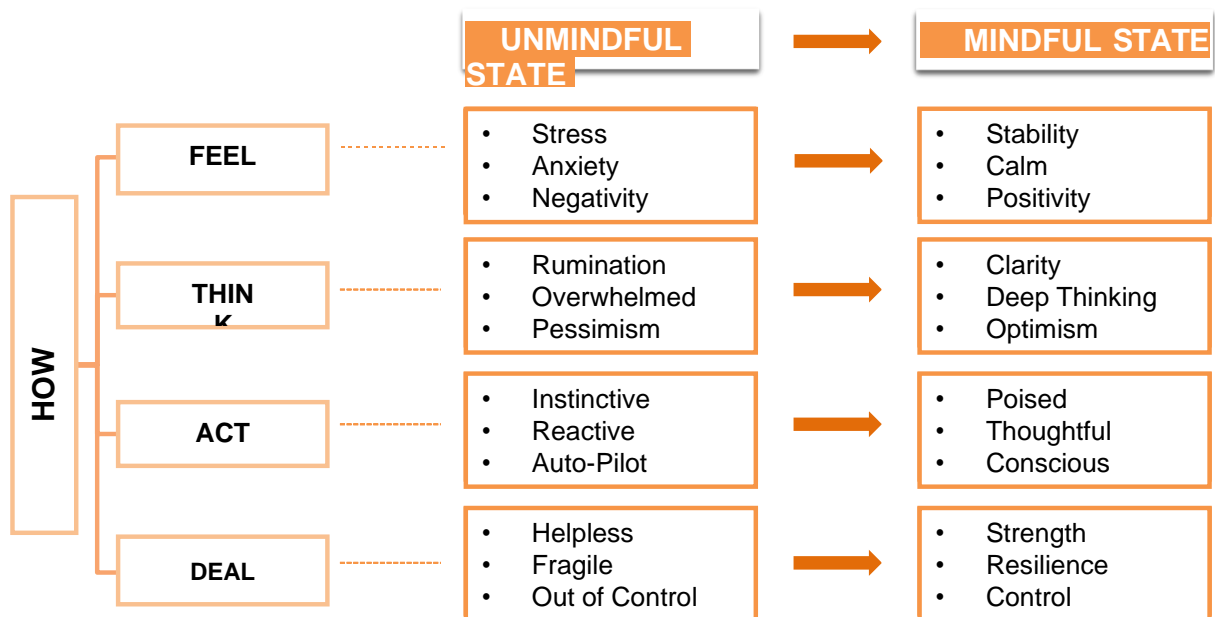
## A NEW MIND FOR A NEW WORLD: WITH MINDFULNESS

*AUTHENTIC RESILIENCE, EFFECTIVENESS & HAPPINESS IN THE CHALLENGING TIMES*

### The Context

As the society and economy are going through the second wave of pandemic, it has severely impacted the overall well-being and effectiveness of people at all levels, challenging our cognitive and emotional endurance limits against internal stress and external adversities.

Mindfulness offers a paradigm shift into the way we optimize our intellectual and emotional capabilities and offers a renewed approach for greater strength, well-being and effectiveness, at individual, leadership and organizational level. Over the decades, Mindfulness has been extensively researched and adopted globally by organizations, with astounding results.



## Program Overview

This 90 minute live online masterclass offers a new paradigm to transform our mind & mindset with the principles of neuroplasticity and with the new-age mindfulness-based tools, to help participants deal with and thrive in current challenging environment. Masterclass involves experiential activities, real-life inspiring stories, practical techniques, audio-visual bytes and interactive chats.

- **The hidden mechanism of mind:** Deep-dive into the real cause behind our stress, anxiety, emotional turbulence and impulsive overreactions.
- **The Secret Power Muscle:** Building authentic resilience, positivity and leadership in the same way as we build physical muscles.
- **The Fascinating Science of Mindfulness:** Discover how Mindfulness is a superpower and how it can transform our Health, Happiness, Success and Relationships
- **Mindful Interoception for Resilience:** Participants will practice this situational tool, to be deployed during the moments of stress, panic and emotional turbulence.
- **Mindful *Dincharya*:** Brief techniques to be incorporated in everyday routines - including morning recharge, mindful meetings and power breaks – to accelerate well-being and joy.

Enhanced  
Resilience Against  
Adversities

Overcome Stress,  
Ruminations &  
Agitations

Greater  
Effectiveness at  
Work & Decisions

Strengthen  
Positivity, Joy and  
Inner Control