



REWIRING LIFE

Batch Size 25

“Integrative Mindfulness: Developing Skills to Thrive in the New Normal”

20 hours intense ‘EXPERIENTIAL’ & ‘INTERACTIVE’ training

4 hours/week X 5 weeks (Saturday & Sunday)

SIMPLE, FAST & EFFECTIVE TOOLS

- Attention management
- Awareness

- Internal conversation
- Adaptability

- Mental agility
- Emotional resilience
- Stress

- Self-esteem
- Relationships
- Leadership

- Systems thinking
- Decision making

DATES: 1, 2, 8, 9, 16, 22,23,29,30 August 2020 & 5 September 2020

TIME: 6:00 PM – 8:00 PM

TRAINING FEE

- Indian Residents: INR 9,500 + 18% GST = INR 11,210
- Others: USD 250 + 18% GST = USD 295
- There will be an extra charge of INR 1,000 + 18% GST & USD 25 + 18% GST for issue of certificate of training

HOW TO BOOK YOUR SEAT?

Step – 1: Fill registration form [[CLICK for Registration](#)]

Step – 2: Pay fee into bank (details below) and send email to DMA with trainee name and evidence of fee payment to info@dmadelihi.org or rajan.pandhi@dmadelihi.org

Step – 3: DMA will send you a receipt with a seat confirmation letter

BANK DETAILS FOR FEE PAYMENT

A/c Name: Delhi Management Association - **A/c No.** 149802000000055

Bank: Indian Overseas Bank, **Branch:** Lok Kala Manch, Lodhi Road, New Delhi

IFSC Code: IOBA 0001498 **Swift Code.:** IOBAINBB001 **MICR No.:** 110020046

THE TRAINERS



SANDEEP GUPTA (India), Mindfulness, Transformation & Productivity

A Coach, Trainer & Hand-holder who works with people, leaders, businesses and institutions and helps them in becoming Mindful, Transformative and Productive. He brings 40 years experience of organization and people development skills to the table. He is a Fellow Chartered Accountant, Post-graduate (Theology), AIMA Accredited Management Teachers, with certifications/diplomas in Mindfulness, Meditation Teaching, Happiness & Fulfilling Life, Inspiring Leadership Through Emotional Intelligence, Women in Leadership Roles & Appreciative Inquiry.



PRIYANKA DUTTA (India), Psychodrama, NLP & Transformation

A Life & Leadership coach, who has been listed amongst 101 Most Fabulous Coaching Leaders by World HRD Congress, ET NOW & Canadian University Dubai in 2020. She is accredited by ICF and certified / trained in Shinpiden Reiki (Master), NLP and Psychodrama. Backed by corporate HR experience of more than a decade, she helps corporate leaders in actualizing their innate potential.



LINDA G. ROBERT (Canada), Coach, Career Consultant & Educator

She is a ICF member and an EFL teacher with over 15 years experience of helping clients achieve their dream career. She has developed and offered 100s of seminars and workshops on mental health, stress, resilience, wellness, to help clients live a greater life. She is Masters in Education and is EQ-i 2.0 and MBTI certified.



CECILIA KINDELAN (Spain), Strategic-Communication & Networking Specialist

She is Professor Corporate Communication at University of Barcelona and Associate Director MBA Programs for IESE Business School in Barcelona (IESE ranks amongst the top 10 global business schools). As General Secretary, European Foundation of Excellence she was responsible for connecting Nobel Laureates and eminent experts in leadership, science and technology with students. She is a PhD & a Law graduate.



GLEN VATS (Turkey), Chakra Meditation & Yoga

He is a yoga teacher and runs yoga training camps and meditation retreats. He also helps companies across Europe as a Holistic Wellness Consultant. He has a Masters in Sociocultural Linguistics from the University of London, Goldsmith's College.

A FEW TESTIMONIALS

“Sandeep’s interactive session titled ‘*Enhancing Board’s Effectiveness Through Mindfulness*’ during IOD’s Master-Class was refreshing, experiential and insightful. He not only successfully demonstrated how our effectiveness and efficiency gets compromised on account of our wandering attention, stress and negative emotions, but also gave out simple mindfulness practices to train our mind to become calm and alert at the same time, and also breakout of our compulsive thinking and behavior pattern. I am convinced that mindfulness and emotional intelligence practices are fundamental in promoting Board effectiveness and business and leadership transformation.” *(ANIL GUPTA, CEO, AN Corporate Transformation, (Ex-President, Reliance Infrastructure, Ex- President, Honeywell Intl.)*

“The experience of learning under you changed my perspective & my approach about so many things in life. Your handholding on the presentation that I delivered for my colleagues is till date the best experience of all my presentation and trainings thereafter. I feel so humbled when my seniors who left Fiserv, would till date tell me about how they saw a different dimension of the reality & me. That day changed me for so good that every time I am able to achieve anything little or big, I think about how that presentation was my first step. I still often look back at that presentation. I owe it all to you!” *(Arshi Markan, Senior Learning Specialist, Global Learning & Development, Fiserv India)*

“Thank you for your support and mentoring. Your guidance and handholding has changed my perspective of looking into life... Will look forward to work with you again” *(Shweta Mehta, School Teacher, DAV School, Faridabad)*

ABOUT DELHI MANAGEMENT ASSOCIATION (DMA)

DMA is a Centre of Management Excellence to facilitate individuals and organizations to realize true potential through superior Management Practices. Established in the year 1955, Delhi management Association (DMA) is a premier professional body devoted to evolving and disseminating latest management principles & practices and acts as a “Think Tank”. DMA is a non-profit and autonomous entity which focuses on providing a wide range of services aimed at enhancing managerial effectiveness in the broad sphere of business management activities. DMA is founded on the belief that good management achieves social objectives through the best use of material, human energy and time and with satisfaction for the participants and the public. The association has a distinguished membership with professionals from Govt., PSUs, Corporate, Private Organizations and Academic Institutions.

ABOUT MINDFULNESS INSIGHTS

Mindfulness Insights founded by Sandeep Gupta, is a people, communities and organization development coaching, training and hand-holding consultancy to help them become mindful, transformative and productive. Its clients consist of Corporate, PSUs, Universities, People and, Leaders. Its mode of interaction is interactive & experiential workshops, retreats and talks.

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