



Presents

Programme on

“Mindfulness: The Key to Personal and Organizational Happiness, Success and Growth”

on

19th March 2020(Thursday)

India Habitat Centre, Lodhi Road, New Delhi



“If you are always rushing to get to the next moment, what happens to the one you’re in?”– [Melli O’Brien]

About the Programme

Today, *information overload, wandering attention (distractions), falling relationships, anxiety, stress and reactivity* have taken-over our personal and professional lives. Thus, it is not surprising that despite our best efforts and intentions, we are failing to realize our full potential, excel in whatever we do, nurture quality relationships, strike a work-life balance, and lead an empowered, satisfied and meaningful personal and professional life. In simple words *'we have lost control over our lives and our happiness and success have become a matter of chance'*.

In the above background, using the simple and profoundly transformative tools of mindfulness, this interactive and experiential programme has been specially curated for you, to empower you to connect, reclaim and navigate life and script yours and your organization's happiness, growth and success in today's VUCA world.

Mindfulness is all about carrying your attention with you. Standing on its 4 legs – Attention, Observation, Acceptance and Pause, it enables you to become self-aware, connect with life, reclaim life and navigate life by helping you to stop auto-pilot living, see things as they are, create choices and take considered decisions.

MINDFULNESS IS "SCIENTIFIC – SIMPLE – FAST – EFFECTIVE – SECULAR"

In the last couple of years Mindfulness has emerged as a highly preferred developmental and management tool for people (Steve Jobs, Ray Dalio, Oprah Winfrey), businesses (Google, Aetna, General Mills, Goldman Sachs, Nike), and organizations (US army, UK parliament).

Programme Coverage

Integrating real-life needs, mindfulness practices, neuroscience and management research, and ancient wisdom, this programme covers:

- Attention → Understanding, experiencing and hacking for personal growth.
- Negative feelings, thoughts and emotions → Managing and opening new opportunities.
- Relationships → Nurturing meaningful relationships, authentic leadership and influence.
- Happiness and stress → Nuances of increasing happiness and reducing stress.
- Using '1 – 4' for excellence and success in personal and professional life.

Methodology

➤ **Workshop – 6 hours**

Interactive and experiential with 70% focus on interaction, experiencing and practicing the given actionable tools; and 30% focus on content.

➤ **Hand-holding – 30 days**

Regular WhatsApp messages to remind and motivate participants to practice and bring a change in their thinking-planning-actions will be sent. In case of any problem or concern the participants can contact the trainer through WhatsApp or mail. The participants will also get 60 minutes 1:1 meeting with the trainer after 15 days.

Learning Outcomes

For Individuals:

- Improved focus and a calm but alert mind.
- Clarity in thought and action.
- Enhanced self-awareness and emotional resilience.
- Reduction in stress, anxiety and other mental health issues.
- Cultivation and nurturing of strong and meaningful relationships.
- Work-life balance.
- A more productive, satisfying and successful personal and professional life.

For Organizations:

- Improved productivity and profitability (authentic leadership, decision making, creativity and innovation, focus, ideation, flexibility, resilience and culture transformation)
- Reduction in absenteeism, presenteeism and overall well-being of employees.
- High performing teams with improved intra and inter team dynamics.

Programme Facilitator: Mr. Sandeep Gupta



Sandeep, coaches and hand-holds people and organizations in how to become mindful, productive and transform. Using the experiential training mode, he empowers them to work upon their inherent human competencies that enable people to 'live and work smart' and lead a happy successful life; and organizations in becoming flexible, resilient, innovative and productive to remain relevant and profitable in today's VUCA world. He has over four decades of hands-on professional experience of consulting, training and executive leadership. During his long career he has been associated with people, businesses, corporate and organizations (profit and non-profit) of all sizes and across verticals. His career can be described a journey '*from profit-management to mind management for overall growth of self and business*'. He is also a keen researcher of human consciousness. His papers on 'how human consciousness (self-awareness) management leads to higher profits in business, and to a more cohesive society' have been presented and published in India and abroad.

Sandeep is a Fellow Chartered Accountant; Post-graduate in Theology; and holds Certificates/Diplomas in Mindfulness; A Life of Happiness & Fulfillment; Meditation Teaching (recognized by Complementary Medical Association, UK), Inspiring Leadership Through Emotional Intelligence, and Women in Leadership: Inspiring Positive Change. He is associated with various professional bodies and has trained corporate executives, college teachers, and students.

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 hand-holding through the process and your guidance 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 have 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 hand-holding have changed my perspective of looking into life... Looking forward to work with you again”

Shweta Mehta

School Teacher, DAV School, Faridabad

Administrative Details

Date	: 19 th March 2020 (Thursday)
Registration	: 09.30 a.m. to 10.00 p.m.
Programme Timing	: 10.00 a.m. to 5.00 p.m.
Venue	: India Habitat Centre, Lodhi Road, New Delhi

Participation Fee (Per Delegate)

For DMA/AIMA Member	: Rs 4,500/-
Non Member	: Rs 5,000/-

Plus of 18% GST

Limited Seats Only

Fee covers tuition fee, refreshments, reading material and organizational expenses. Nomination fee is non-refundable. However, participation by a substitute is allowed. Programme is non-residential.

Certificate

Those attending the programme will be given a **Certificate** by the **Delhi Management Association**.

For Participation /Registration and Other Details Please Contact

Ms. Bhawna Soni

Manager – Program, DMA

Delhi Management Association

Core 6 A, 1st Floor, India Habitat Centre, Lodi Road
New Delhi- 110003.

Tel: 24649551, 24649552 **Tele fax:** 24649553

E-mail: info@dmadelhi.org **Website:** www.dmadelhi.org