

PINNACLE

Mindful Intervention to Leadership

Intensive 2.5 Days Residential Program

The Approach:

Whilst leadership is easy to explain, it is not easy to practice. Leaders are looked up chiefly because of their foresight, multi-tasking ability, planning skills, decision making capabilities, creativity, innovation, etc. This program brings the focus on all these leadership skills through Mindfulness. Modern science shows that by practicing various mindfulness techniques, it is possible to enhance mental clarity, increase focus and enhance self-awareness.

This program integrates 3 very important aspects viz. meditation, yoga, and leadership skills. These are all synchronized to heighten the immense benefits from better well-being of each individual to better health of the Organization.

Mindfulness has become a practice for numerous global companies. Many new organizations too feel the need to cultivate a mindful corporate culture by enabling their people to operate with greater conscious awareness. This program assists in taking steps towards an enhancing compassion and practicing ethical culture in the organization.

Outcome:

The program focuses on the following outcomes:

- ✓ Discover Self, unclutter the mind, and think with clarity
- ✓ Deeper understanding of emotions
- ✓ Mindful Leadership - Leading by example
- ✓ Realize the epicenter- Inward-Outward approach
- ✓ Transformation from inner critic to inner coach
- ✓ Build and Sustain Peak Performance
- ✓ Me to We - Enhance capacity for broader vision and empower communication
- ✓ Ego to Eco - Inspire and motivate teams and clients and improving the organizational health.

Modules:

LEAD SELF

Knowing Self is the first step to successful and mindful leadership

Knowing Self is one of the most important step towards sharpening ones Leadership Skills. The leading of 'Self' or 'Personal Mastery' (Senge) is the ability of an individual to work with the force of change, and not to resist or survive it. It means to be and feel connected to the own deeper self and to develop a higher level of consciousness.

This module covers the followings:

- ✓ Understand the growth mindset
- ✓ Identify potential and techniques to leverage
- ✓ Self-Awareness
- ✓ Recognizing and addressing emotions
- ✓ Harnessing individual skills and capabilities
- ✓ Deep Listening
- ✓ Decision making & ethical dilemma
- ✓ Accepting and removing unproductive patterns
- ✓ Being Mindful- Leadership values and Integrity



LEAD TEAM

Doing leadership to being leadership

Leading with mindfulness at work, enables one to create lasting relationship with teams and customers, which helps business grow with greater velocity. This brings a sustainable environment that works for all parties involved.

This module covers the following:

- ✓ Build self-awareness, self-regulation along with social awareness, empathy and social skills
- ✓ Understand relational and cultural sensitivity through relational intelligence.
- ✓ Inspire passion, confidence and trust in the people being led
- ✓ Shift from Me to We with Compassion

LEAD ORGANIZATION

Ego to Eco

A leadership built on the mindfulness principle contributes to develop resilience, transparency, creativity and innovative collaboration in the organizations. Furthermore, working in 'mindful' organizations brings out the best in people, supporting them in spirit, mind, body and emotion. Mindfulness based leadership transforms the entire workplace while enhancing team work.

This module covers the following:

- ✓ Creative and Innovative collaboration in the organizations
- ✓ Respect & harness others capabilities
- ✓ Build Execution Focus Culture
- ✓ Practice OAR (Ownership, accountability & responsibility)
- ✓ Accept diversity-in people & work styles

Methodology

The program applies a mix of the following experiential activities:

Mindfulness Meditation

Mindfulness Meditation is highly helpful in developing a special leadership quality. This allows one to identify and overcome one's integrity issues like procrastination, short-cuts, stress, fears, poor time management, etc. It also develops and maintains the key constituents of Integrity like honesty, conscience, commitments, communications, accountability, good behaviors, fearlessness, and harnessing inner strength.

Yoga for Wellness

Practices of Yoga's major elements - asana, pranayama, mudra, and meditation, bring massive changes in physical, mental, emotional, and behavioral health, which altogether contribute to robust energy, greater mental clarity & focus, effective communication, and productivity at work.

Experiential Leadership Activities:

- ✓ Group and Individual Experiential Exercises - focused on assimilation of learning topic areas followed by facilitator Led discussions.
- ✓ Walks and short hikes.
- ✓ Activities which are unique and bring the participants closer to nature and everyday things.
- ✓ Introduction of Practices and Exercises - focused on applying learning between class sessions to develop leadership capability and capacity

Who should attend

- ✓ CEOs, CXOs, CLOs.
- ✓ Gen-next leadership, Divisional Heads, Senior Managers.
- ✓ Mid-level Managers.
- ✓ Anyone who wants to grow and move up to the next Level.

THE FACILITATORS:

Ms. Suman Singh

She is a capable learning consultant and a professional coach, helping people, teams and organizations improve performance, happiness and alignment within their own stories.

She has a career span of sixteen years in training, learning, corporate and academics. Being associated to the environment of the armed forces, she understands how training becomes an integral part of all development processes. She is very passionate about behaviors and firmly believes that people are the face of any organization. Hence, strongly advocates the fact that their training and coaching can bring a marked improvement in the efficiency and motivation levels in an organization.



Her passion and strengths are in delivering business results customized to specific/unique needs and with a human touch. She has also been responsible for planning, scheduling and facilitating in specific areas of the Learning. She is familiar with Psychometrics as a science and uses them effectively to draw out the maximum potential from her participants in her facilitation projects. Her strengths are her understanding of the human psyche, motives of individuals and excellent facilitations skills.



Sri Yogi Anand

He is a Himalayan Yogi, Mentor, Corporate Trainer, & Life Coach.

He had left his home at an early age in search of Truth to the Himalayan Mountains. After meeting several masters and Yogis, he was seeking the one who appealed to his inner core. Nearly exhausted he finally found a Yogic Master under whom he did intensive Yogic Sadhana in the Himalayas, and experienced the Ultimate State of Consciousness called Samadhi in Yogic Parlance.

Over the years has received many requests for Yogic guidance and mentoring from people across different walks of life.

Yogi Anand possesses vast experiences and in depth knowledge of Mindfulness, Meditation, Yoga & Spirituality. He has comprehensive knowledge of both, philosophical/theoretical and practical aspects of Mindfulness, Meditation, Yoga & Spirituality. Yogi Ji is rooted in the tradition of authentic lineage and his programs aim to bring Yoga back to its true place as a living art, and as a complete path to awareness and awakening.

He has relentlessly pursued integrating scientific and medical approaches with Mindfulness & Yoga therapy. Yogi Ji has dealt with more than 1500 cases of Cardiovascular and respiratory diseases and disorders and more than 2000 orthopedic and lifestyle disorder cases. He has been guiding and mentoring people from different countries and culture.

COACH GURU PVT. LTD.

76 D, 2nd Floor, Udyog Vihar,
Phase IV, Gurugram - 122002

Phone: +91 9599229972, 9717705771

Email: contact@mycoachguru.com

Web: www.mycoachguru.com