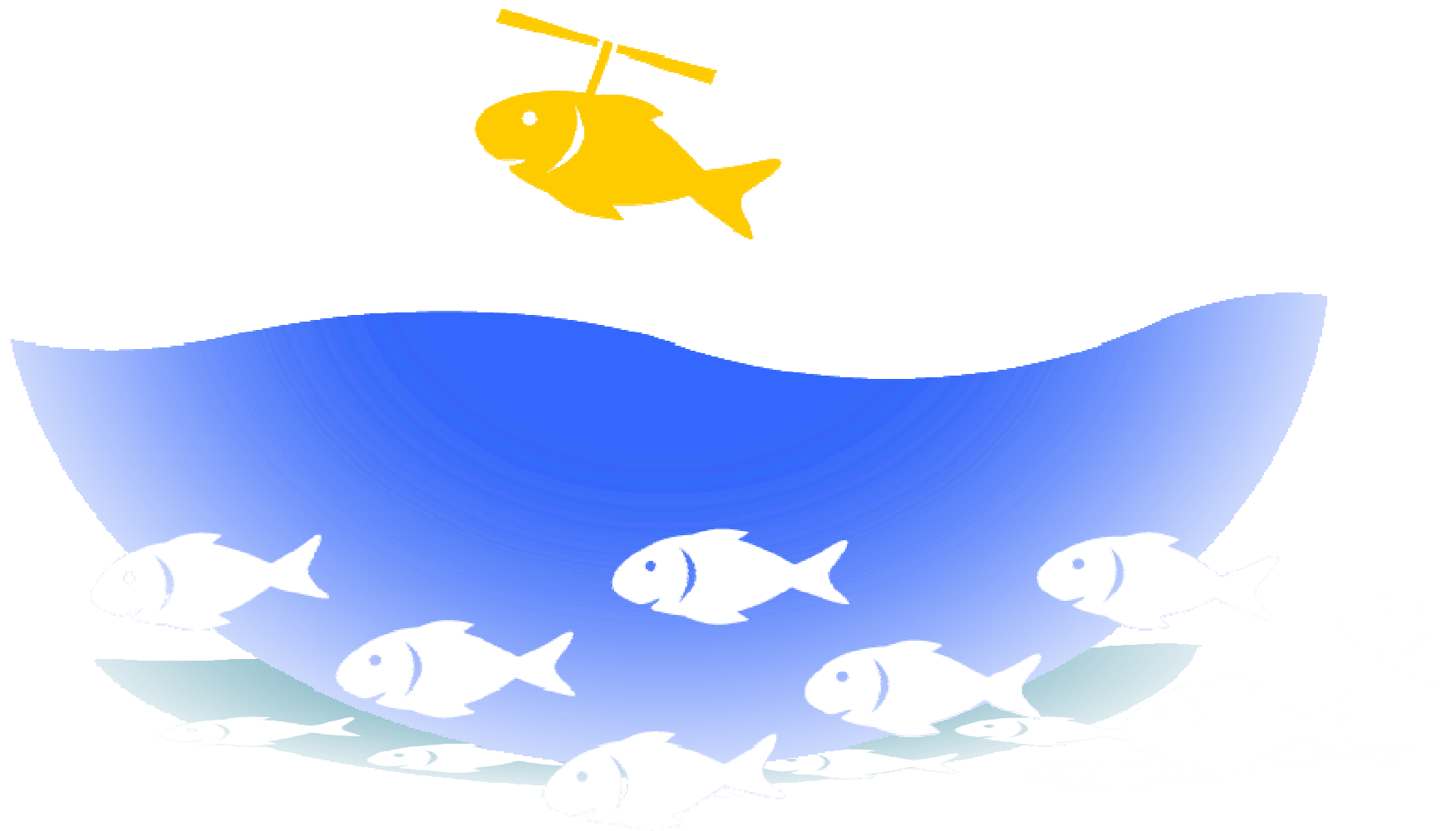




# Empowered You. Empowered Leadership.

*transforming your leadership, your organization, and your life*





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Living Wisdom Centre

# What is this

## Empowered You. Empowered Leadership.

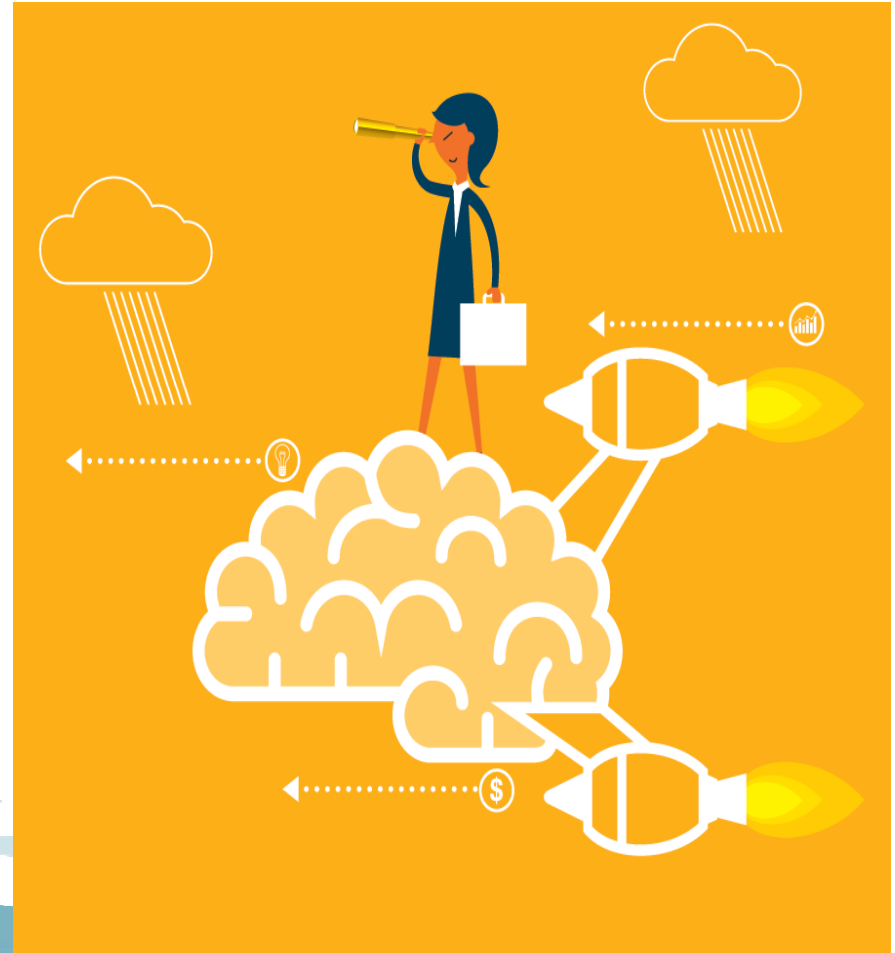
Research into the brain, the multiple facets of our self and effective management is a rapidly evolving field.

This experiential extended learning series will show you ways to become an *extraordinary leader*, while finding *happiness, gaining authenticity* and *banishing stress*.

In our day-to-day lives we are held prisoners to our own web of thoughts and repeated conditional situations in our relationships, physical health, finances and career.

How wonderful would it be when we can crack the code to release ourselves from the grind of these thoughts and identify that one basic belief which is central to us.

And through this become our *powerful selves* and *powerful leaders*.





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# Our Niche: what we bring to our sessions.

Perhaps the ONLY training organization doing this in India

You cannot manage other people unless you manage yourself first – *Peter Ducker*

## Emotional Intelligence

Display grace, even under fire.  
Manage emotions

## Mindfulness

Improve your productivity without sacrificing your health and wellbeing.

**Shift Auto Pilot Thinking Mode**

Even brief periods of mindfulness practice can improve reaction time, comprehension, working memory and decision making – *Zeidan et al 2010*



*Creative*

## Organizational Experience

We have lived and practised all of this for a decade.



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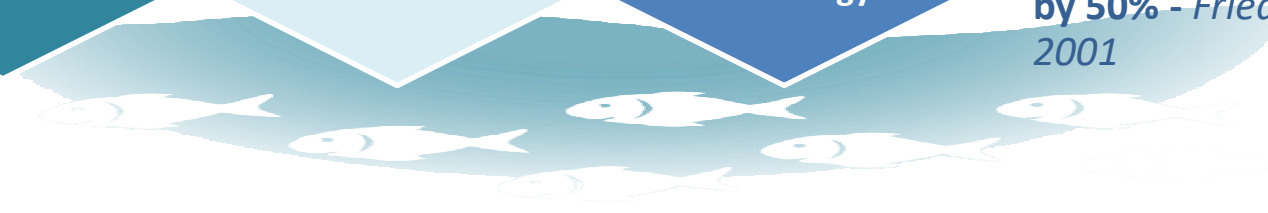
## Conscious Living

Shift thinking from avoidance (scarcity consciousness to approach (prosperity consciousness)

**Quantum Science tools and Neuroscience based Technology**

- On an average the human brain wanders for around 47% of the day.

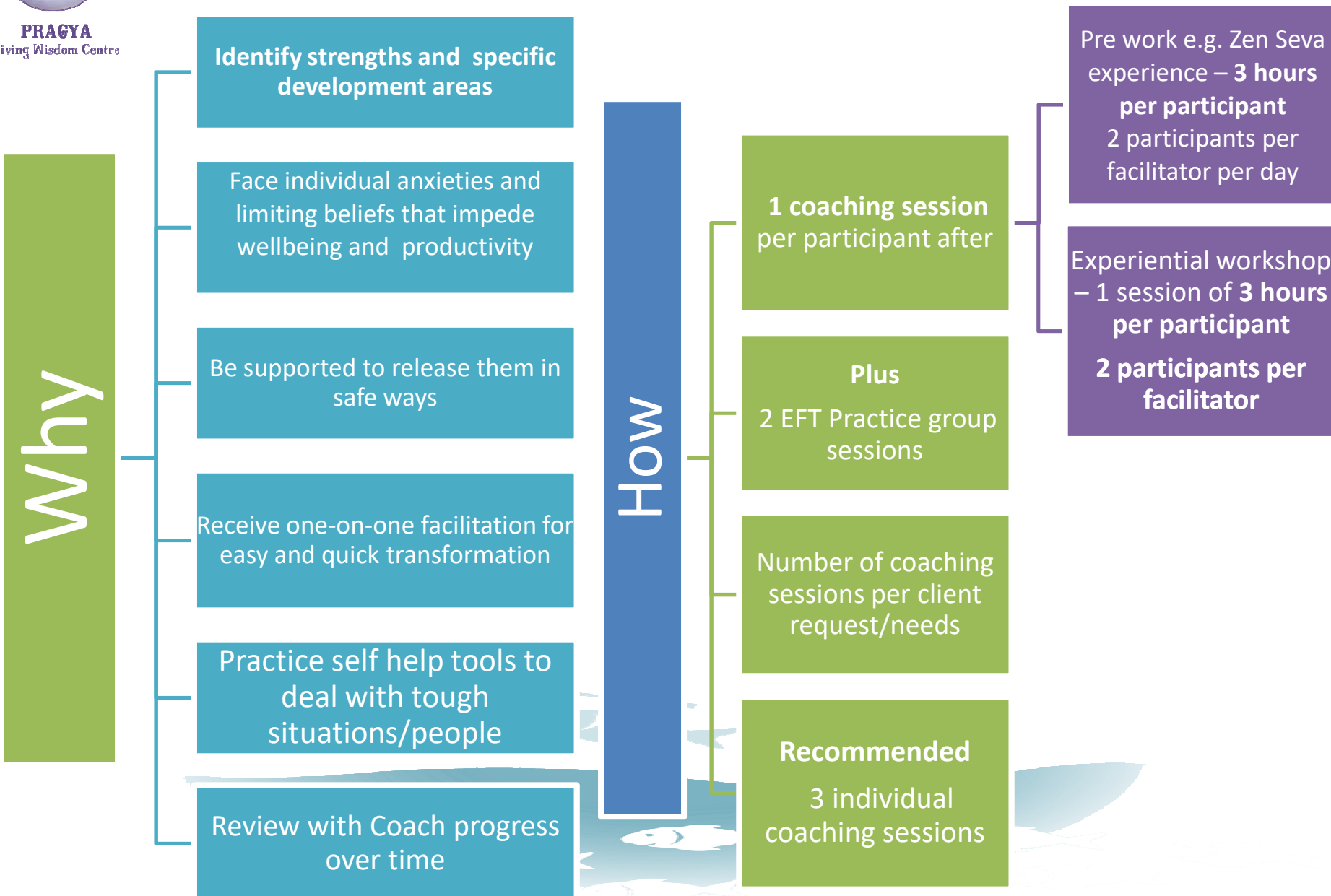
- Adopting an approach mode of mind can increase creativity by 50% - *Friedman & Foster 2001*





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# Coaching Sessions – how & why



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## Program Flow

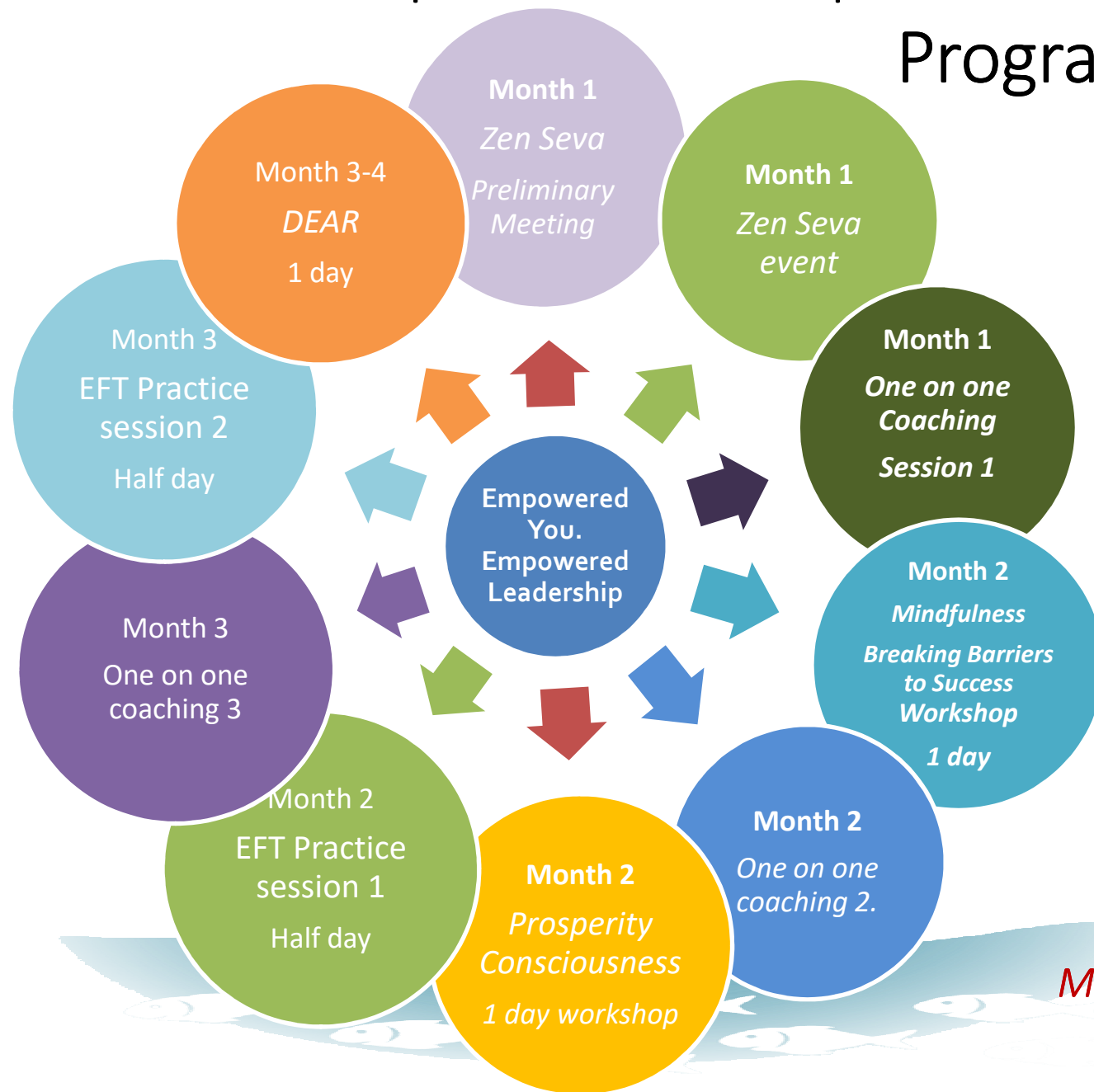
Zen Seva, workshop, coaching, practice sessions, DEAR



- Schedule flexible to suit specific learning needs of participants
- Coaching and Practice sessions – number and duration - customized



# Empowered You. Empowered Leadership Program Flow



*Modular program,  
hence flexible*



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Day 1

# Module 1 – Awaken!

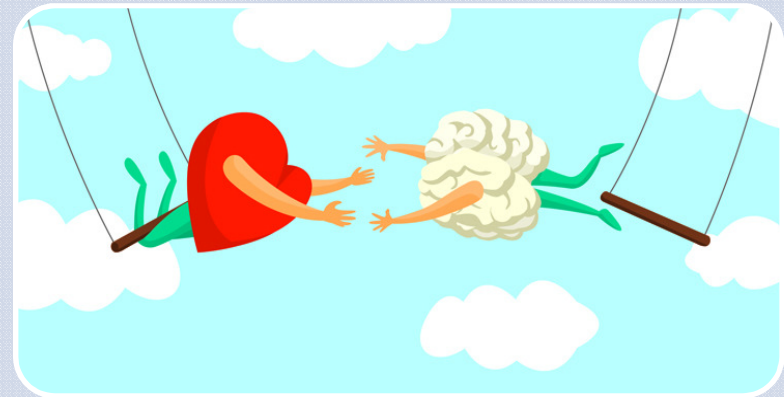
*applying mindfulness at work*





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# Why Mindfulness



Mindfulness is gaining momentum in the business world with advances in neuroscience research.

*Google, HP, Xerox and Cisco as well as universities world over have successfully implemented Mindfulness programs to boost **productivity, and emotional and physical wellbeing.***

Knowing the **benefits**, and practising and implementing Mindfulness at the workplace are *two different things*.

Our *endeavour* at Pragya is support the *practice of mindfulness at work and in life.*



# Module 1 – Awaken!

Day 1

*applying mindfulness at work*

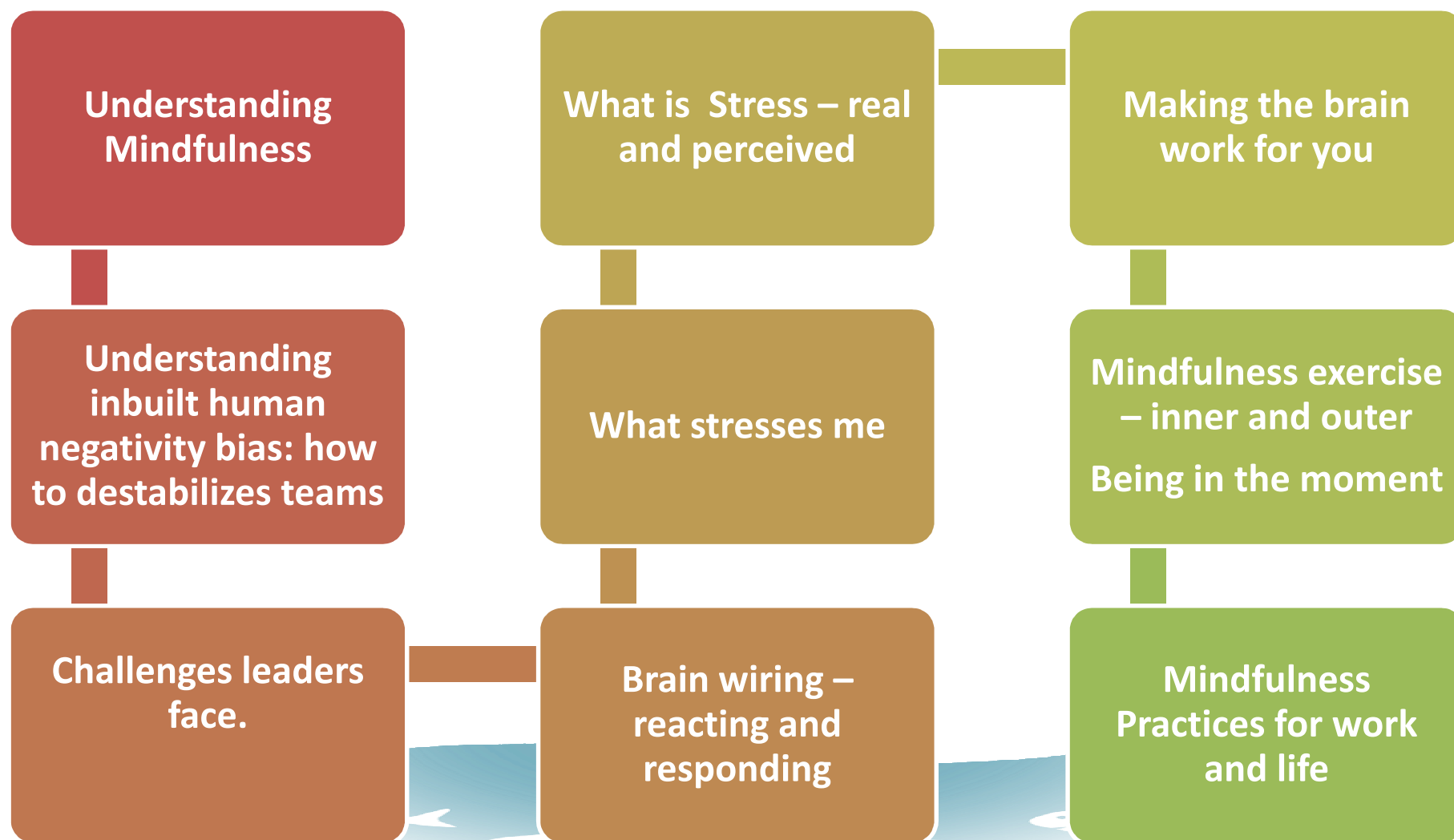
## Mind Full, or Mindful?



# Module 1 – Awaken!

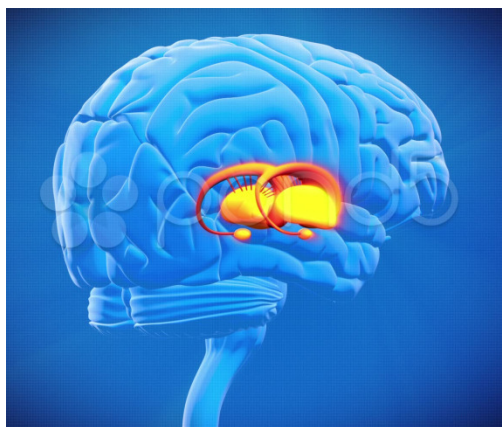
Day 1

*applying mindfulness at work*



# Research in Neuroscience

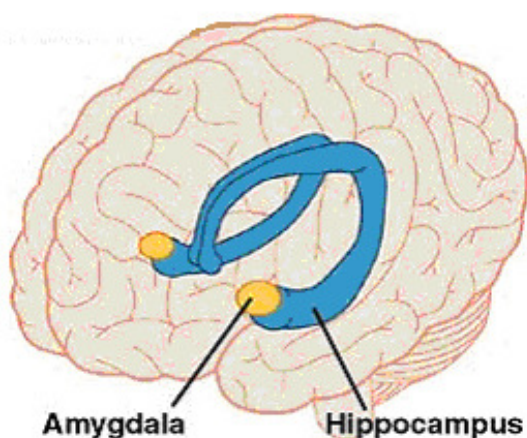
## The Brain on Autopilot (Hunter & Scherer 2010)



Older Basal Ganglia triggers  
*Auto Pilot mode*

### Without Mindfulness practice

- While managing limited cognitive resources, *the brain moves a repeated action or belief from the conscious control* of the newer and more complex prefrontal cortex to the instinctual and *much older basal ganglia*.
  - This transfer turns conscious and intentional behaviour –(thoughts and feelings) gradually into a non-conscious and automatic habit, often playing out *rigidly and unknowingly*.
  - It becomes, literally, *unthinking and non-adapting, even unproductive and unskilful*, thus making it the default response or habit.



### With Mindfulness practice

- Individuals exercise a more *sophisticated part of the brain, namely, the hippocampus stimulating critical thinking skills*.
  - This part of the brain creates more flexible memories and allows for a *deeper, more robust knowing*.
  - Disrupting automatic tendencies results in a greater ability to apply more *nuanced understanding when dealing with challenges*.



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# Module 1 – Awaken!

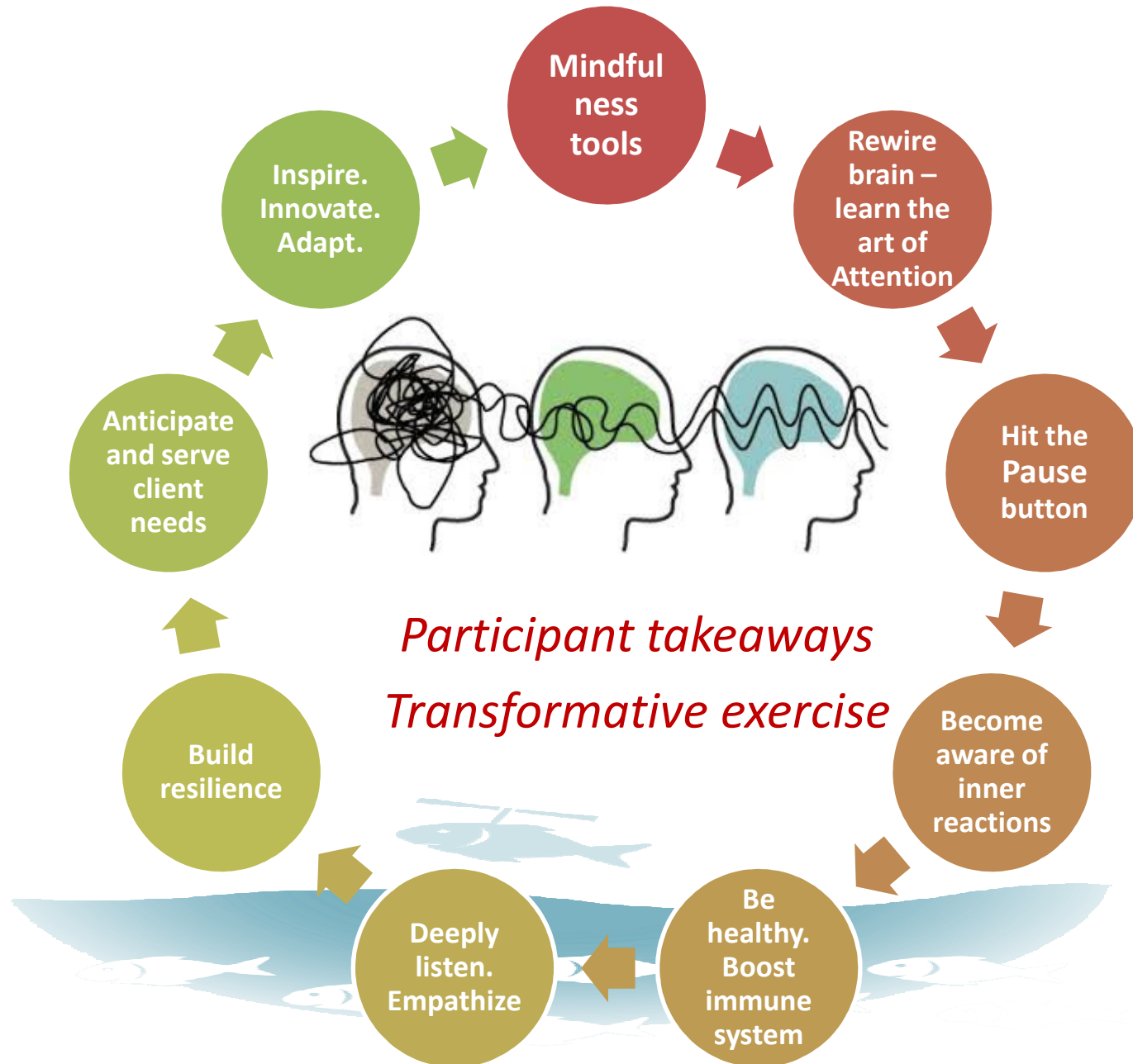
Day 1

*Participant Takeaways – transformative exercise*



Courtesy: Eckhart Tolle

# Module 1 – Awaken!

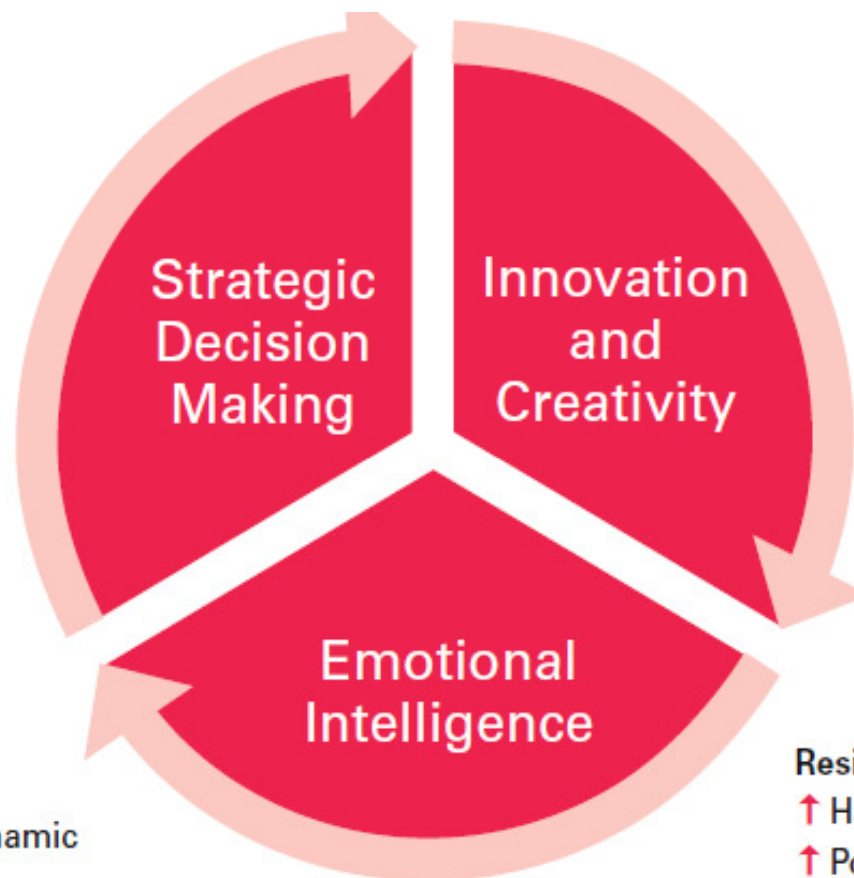




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# Mindfulness Benefits for Leaders

- ↑ Learning
- ↑ Memory
- ↑ Perspective taking
- ↑ Focus on wider agenda
- ↑ Letting go of judgments
- ↓ Rigidity of thinking
- ↓ Focus on personal agenda



- ↑ Lateral thinking
- ↑ Problem solving
- ↑ More ideas
- ↑ Flexibility of thinking
- ↑ Awareness of thinking process used
- ↑ Observation
- ↑ Working memory

## Building relationships

- ↑ Awareness of the social dynamic
- ↑ Positive emotions
- ↑ Psychological functioning
- ↑ Self regulation
- ↑ Empathy levels

## Resilience

- ↑ Handling difficult emotions
- ↑ Positive outlook
- ↓ Blood pressure
- ↓ Depression





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## Module 2 - Breaking through Inner Barriers to Success

*uncover hidden limiting beliefs and transform them*

Day 1

**The biggest  
obstacles in  
our lives are the  
barriers our  
mind creates.**

# Module 2 - Break through Inner Barriers to Success

*uncover hidden limiting beliefs and transform them*

Day 1 & 2

## Beliefs

Why are beliefs important

How are beliefs formed

9 biggies of Self destructive tendencies

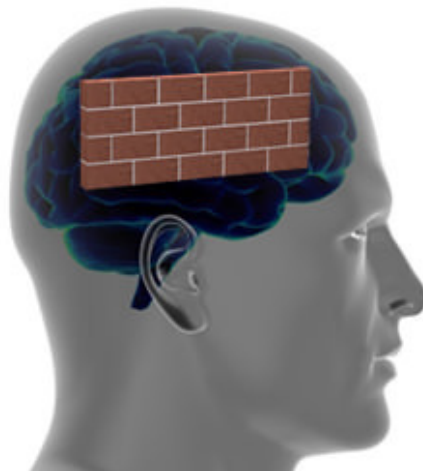
Personal law – experiential exercise on personal core beliefs

Breaking through limited beliefs

## Personal Law

Personal Lie vs Personal Law

Personal Law exercise

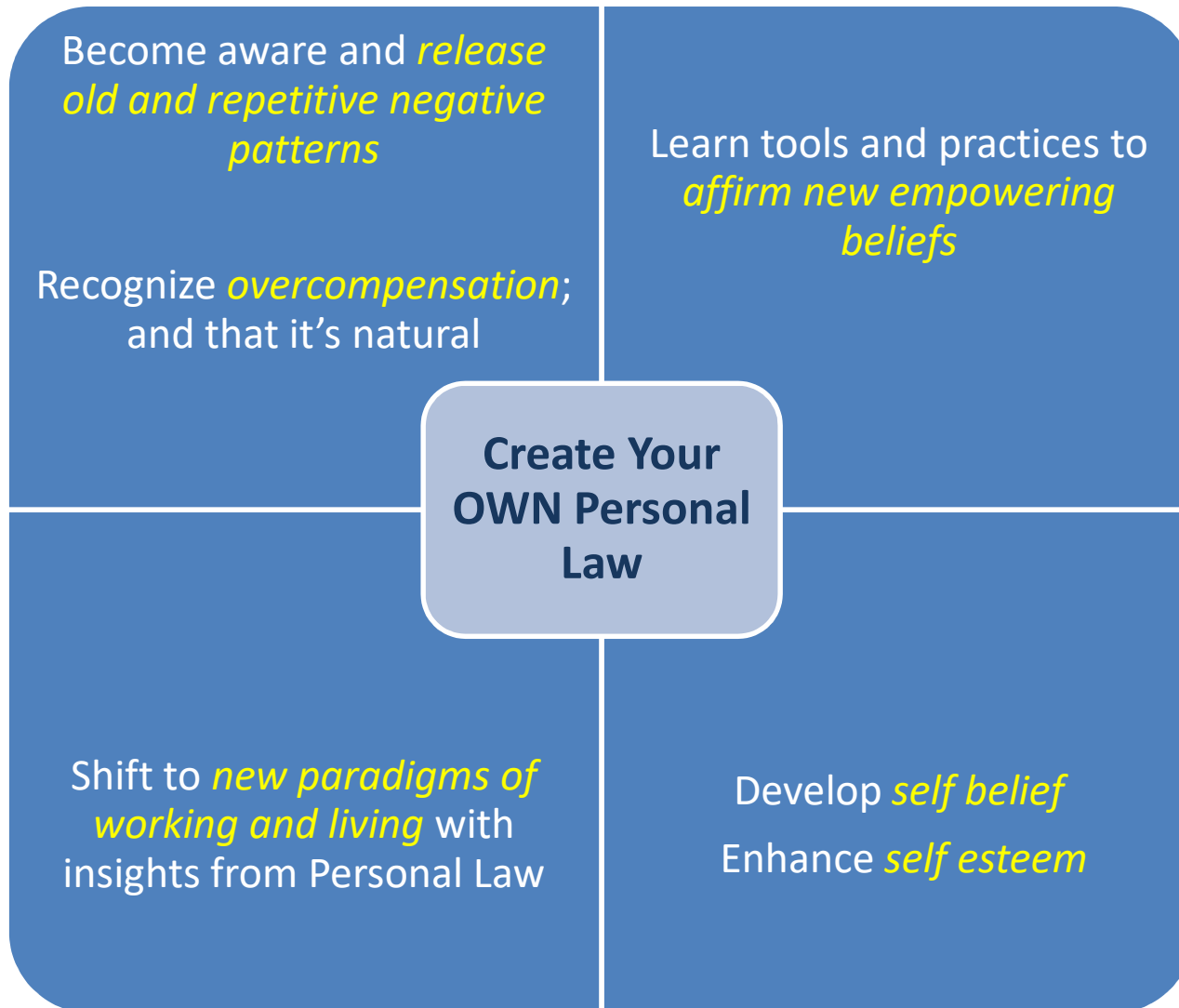




# Module 2 - Break through Inner Barriers to Success

## *Program Takeaways – transformative exercise*

Day 1 & 2





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Module 3 — Developing a Consciousness of Possibilities and Prosperity  
*shift to attitudes of deservability, success and prosperity*

Day 2



# Module 3 — Developing a Consciousness of Possibilities and Prosperity

*shift to attitudes of deservability, success and prosperity*

Day 2





# Module 3 — Developing a Consciousness of Possibilities and Prosperity

*shift to attitudes of deservability, success and prosperity*

Day 2

## Understand abundance

Health, wellness, relationships, career satisfaction, money, material assets, impact on others, relationships and our unique essence

## Scarcity and Abundance – a state of mind – Exercise

All causation is mental

The law of resonance

The law of attraction

## Recognize the power of impact – experiential process

Identify how others' behaviours affect us

Shift realities that are not working

## Emotional Freedom Technique - toolkit

Thoughts and feelings – impact on health, work and relationships

Deal with emotions – fears, anxieties, anger; failure and inadequacy; and success

## Art Therapy- experiential process

Lead from the EDGE OF POSSIBILITY. Live Consciously.



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## Module 3 — Developing a Consciousness of Possibilities and Prosperity

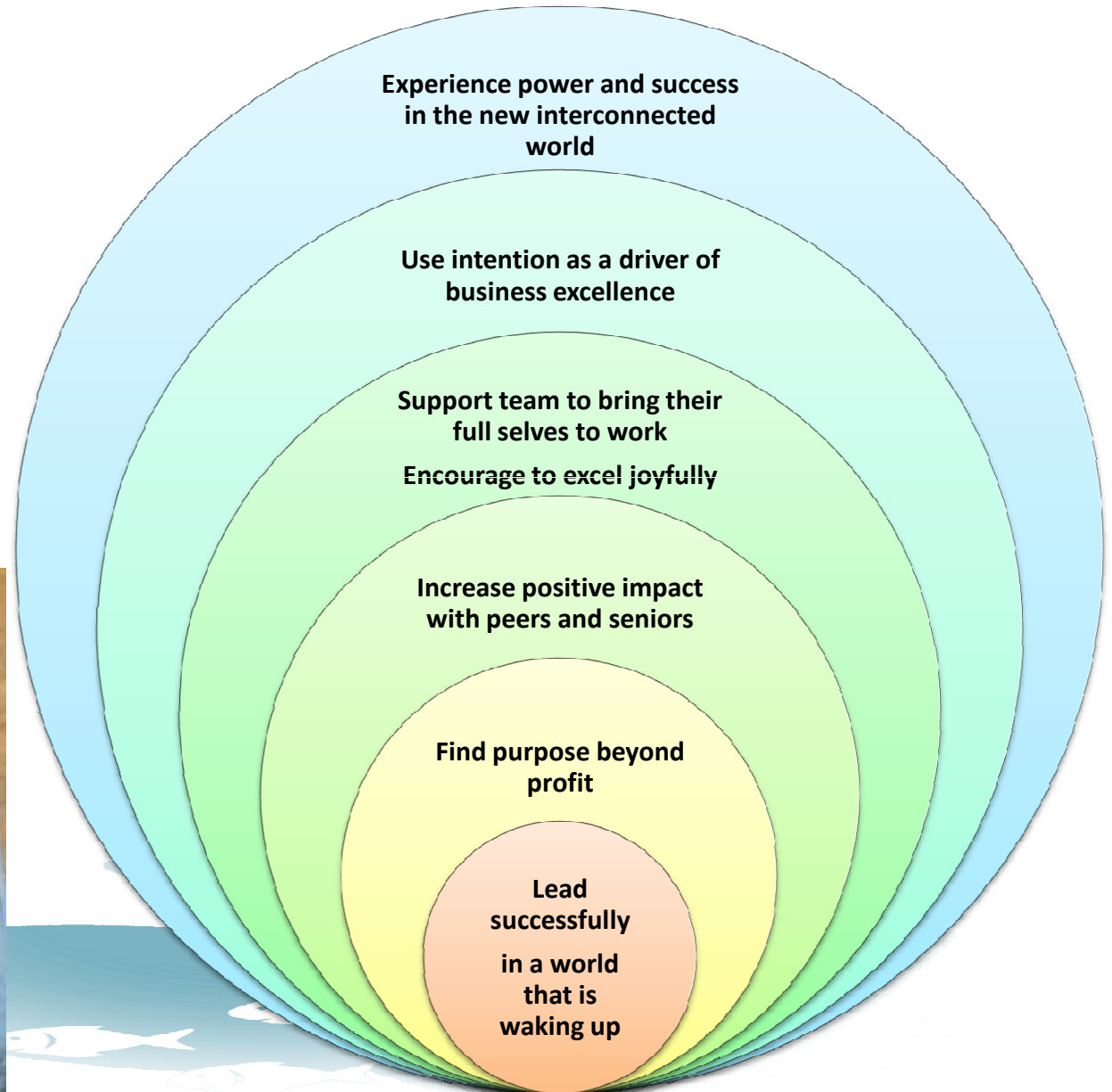
### *Participant Takeaways – transformative exercise*

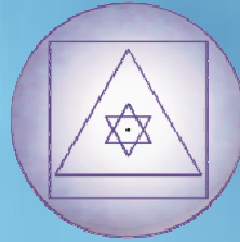
*“Your Subconscious Is Smarter  
Than You Might Think”*



*“Neuroscience Confirms Your  
Subconscious Shapes Your  
Reality”*

**big  
think**





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**ZEN SEVA**  
Prewrite option

# What is Zen Seva

*self development through 2 wonderful philosophies*

## Mindfulness

Be *totally present* of one's inner world – *thoughts, feelings, body sensations* – and the outer environment.

Be *relaxed even in tough situations*



## Seva or Service

The practice of *radically generous acts* change the world.

Rekindles *peer to peer generosity* and *empathy* in a *non-transactional ambience*





F  
Living



# Benefits of Zen Seva

## Accelerated Transformation

- Mindful presence, speech, listening, response
- Team synergy – we vs. me
- Trust, generosity and gratitude
- Ownership
- Focus on higher good, inspiration and initiative
- Enhanced ability to deal with stress, fear and negativity



## Create Consistent Contributors

- Prioritize collective good vs. personal good
- Encourage conditional contributors to overcome fear and negativity; transition to serve the collective good
- Steer easy collaboration



## Cooperate for a Higher Common Goal

- Garner trust through cooperation and cohesion
- Self initiative
- Dismantle silo effect
- Discover and acknowledge dignity of labour
- Develop authenticity, empathy and compassion
- Discover new found abilities and capacities





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# Zen Seva Beneficiaries

- Zen Seva is strictly *non-transactive*
- Money generated may be used to
  - Seed the next Zen Seva experience in the organization
  - Sponsor a CSR activity or an NGO or charitable institution or service
  - Donate to Pragya's Seva activities through sponsorship of -
    - a child's education
    - a wellness program through free medical services
    - DEAR – Drop Everything And Recharge, a complimentary Pragya program





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Seva Aiyana

Seva Cafe

Seva  
Swach

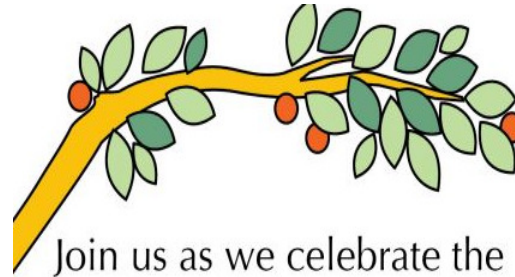


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# Seva Café – mindful cooking

- Participants volunteer to *cook a simple and lovingly prepared meal* which is offered as *a gift to guests*.
- *Rich interactions* between volunteers and guests are encouraged.

*Seva Café is the brain child of Service Space [www.servicespace.org](http://www.servicespace.org), by the pioneer, Nipun Mehta. His work has received worldwide acknowledgement.*



Join us as we celebrate the Joy of Giving with Seva Cafe, at Vriksh on 26th May 2013, from 12.30pm to 3pm.



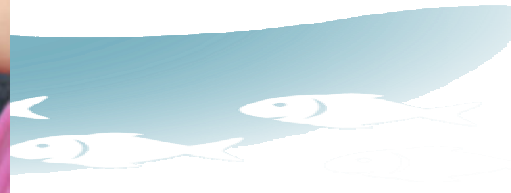
living is giving



# Seva Aiyana – mindful planting and connecting



- Aiyana is a Native American term meaning *'forever flowering, eternal blossom'*
- An outbound tree planting activity, *connecting to nature* and feeling gratitude for its abundance; *working as a team* to give back to nature; *receiving messages and insights from the plants and earth.*





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# Seva Swach – mindful cleaning

Housekeeping tasks: sweeping, washing utensils mindfully, while singing together, sharing stories can elevate a so called *'mundane' task into a gift of love, a meditative and reflective experience.*



In daily life we must see that it is not happiness that makes us grateful, but gratefulness that makes us happy. --Brother David Steindl-Kaer @ www.gratefulness.org

The task will include a *gratitude circle* to acknowledge the invisible hands that make life comfortable on a daily basis.



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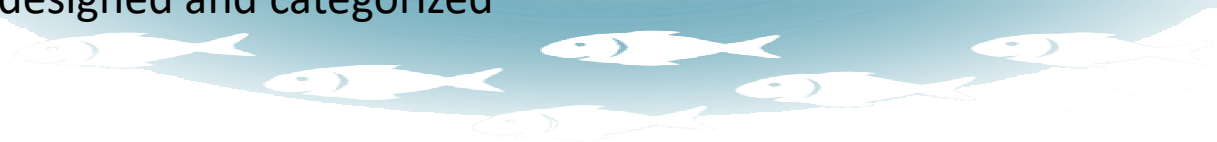
# Zen Seva – preliminary work

- *One to two weeks* prior to the event, a preliminary meeting (half day) is organized to share the approach and logistics of Zen Seva.
- Each event is *light, fun filled team synergy experience* that is deeply reflective with compelling insights.
- It begins with *a quiet time for self awareness* and to tune into the collective goal; ends with a circle for reflection and sharing.
- Volunteers work in *a non hierarchical structure* freely choosing jobs that are carefully designed and categorized



One of the beautiful things about human existence is how powerful we are when we come together.

♥ Molly Quiles





Pragya welcomes you to

# *Drop Everything And Recharge!*



A complimentary Pragya Follow-up program



# DEAR – Drop Everything And Recharge

## *sample program outline*

### **Destress Exercise**

dynamic dance meditation;  
nature communication;  
mind-body relaxing  
meditation

### **Detox and Body Balancing using elements**

*Space*  
*affirmation circle; transition  
to empowering beliefs*

*Fire purification*  
*quiet release of pain,  
anger, anxiety*

### *Air*

*Breathing Circle – detox  
through guided breathing  
exercise*

### *Earth*

*Tasty sattvic food to  
rejuvenate; nature walk*

### **EFT practice**

**QA**

### **Wisdom Talk**

an experiential mini  
workshop





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# DEAR – Drop Everything And Recharge

- *Customized* program in a simple set up
- *No fee* - a complimentary offering as our service to busy professionals
- **When** – preferably on a Saturday or a school holiday
- **Venue** – Pragya campus
- *Any other venue – only venue charges and logistics will be billable*
- **Time** – 9am to 7pm – flexible
- **For whom** – Participants; if viable, their spouses and friends
- **Class size** – preferred 30 to 40 participants – to be decided





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# Endorsement

My association with the founder of Pragya began ten years ago with work around freedom from negative emotions. As I unraveled my insecurities, my limiting beliefs and my fears, I learned to grow in emotional intelligence and self-awareness. I learned to examine my role in a problem instead of looking for reasons only on the outside.

My work further expanded to being able to communicate my needs clearly with healthy assertion and honor others' needs. At this time I had made the transition from a solid individual contributor to a manager. In my first months in this new role I was a hard taskmaster but my work with Pragya enabled me to evolve into a manager who wanted for employees to grow into their best possible selves, build collaborative teams, give meaningful and timely feedback and inspire teams to do their best for customers.

The hallmark of Pragya's work is integrity, depth and authenticity. The journey is challenging and requires participants to dig deep within 'their-selves' but it is also extremely rewarding. I can't recommend Pragya's corporate leadership programs enough.

***Dipika Kapadia, Sr. Director Ola, Myntra, Amazon.com (USA)***



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# Endorsement

I was amazed by Veda's clinical approach to analyze each of her students, spend time with them before teaching what needs to be taught. Veda's skills in deep learning about the student is brilliant and I was no exception in sharing my vulnerable side like others. I had a disturbed childhood, which teacher will spend her efforts to uncover that and show me the path to overcome that!

Veda went beyond the limits of a Trainer, spent time with me to understand my problems. She suggested proven and simple techniques to improve my thought process and groom positiveness inside me. This was an amazing experience: I have never interacted this deep with any of my teachers. I always wondered why Veda would take pains to listen to other's tensions/difficulties, but she was always there for each one of us. And we were 50 members across 8 batches. She has done this, I hear, year after year for every batch since 2012.

I learnt that style without substance is entertainment, style with substance is impressive and thought-provoking. Veda taught me skills, style, helped me develop self-belief and confidence, and set me on the right path. I am improving day by day.

Thanks Veda, you are a great teacher, I loved your sessions.

***Principal Engineer, RSA, a coachee in a year long coaching session certified by IIMB***



# Endorsement

I have worked with Neetu Sadhwani for more than a decade. She is dedicated and passionate about learning. Not only for others but also for herself. She is constantly looking for ways to make the learning more effective. I have seen her put extra effort in all her projects. Whether it is talking to the client to understand the brief better or reaching out internally to understand if she needs to know more about the group she is working with. She is a great team player. She takes on more than her share of work and happy to support a new member if required.

We have constantly received great feedback for all her programs. Her authenticity and commitment to work is visible in every single assignment she takes on. Her programs have high energy. With this energy she gets participants to reflect and introspect. That is a rare combination. Would highly recommend Neetu as a facilitator and a learning partner.

***Deepa Satish, Head of Operations, Navigati***





# Contact details

## Kapila Ramakrishnan

- Email id – [kapilaramakrishnan@gmail.com](mailto:kapilaramakrishnan@gmail.com)
- HandFone - +91 78999 17213
- Websites –
  - [www.thehealingcircle.in](http://www.thehealingcircle.in)
  - [www.thecreativeschool.in](http://www.thecreativeschool.in)

