



Happiness-centric...

# META MIND BALANCE & EMOTION MANAGEMENT

TAKE CHARGE OF YOUR EMOTIONS

*"Feelings cannot be changed by resisting, ignoring or suppressing them... they have to be managed."*

*-Avinash Ananda*

## WHY

this program



In today's fast-paced world, emotions often dictate the rhythm of our lives, affecting everything from personal well-being to professional success. Derived from the Latin root 'emovere', meaning 'to disturb', the word 'emotion' or 'e-motion' could also mean 'energy in motion' — emotions can either propel us forward with positive momentum or disturb us.

Emotional Intelligence (EI) is a key driver of success in all spheres of life. Learning how to enhance your EI by becoming more aware of and regulating your own emotional state at will is the focus of the program. Embrace the mindset of balance and control, and learn to turn emotional disturbances into empowering energies that drive success in all areas of life.

This program delves deep into the process of cultivating an awareness, balance and regulation of your emotional landscape and equips you to navigate emotionally challenging situations with rationality and effectiveness.

## YOU

will learn



- To achieve and maintain a positive mental attitude
- To move from being reactive to being proactive
- To manage personal conflicting needs more effectively
- To emerge a stronger, more focused and balanced individual
- To change disempowering beliefs into empowering ones
- To stop self-sabotage and take effective action
- How to enhance your self esteem
- Meta Mind tools and techniques for Emotion Management
- How to harness the power of the sub-conscious mind
- The Laws of Sub-Conscious Activity
- How to be stronger than your feelings
- How to alter your emotional state in the moment

