



Happiness-centric...

META MIND DISCIPLINE & LEARNABILITY

LEARN, UNLEARN & RELEARN

*"The universe is a university.
You can learn from anything and everything"*
-Avinash Ananda

WHY this program



The Meta Mind Discipline & Learnability program is meticulously crafted to enhance your ability to cultivate a growth mindset and learn effectively and optimally with discipline. At its core, the program acknowledges the critical role of belief in one's ability to evolve and the impact of disciplined, consistent action in unlocking this potential. It integrates cutting-edge findings from neuroscience, demonstrating the brain's capacity for plasticity and its ability to adapt and grow through focused and consistent effort.

Participants will explore how a disciplined approach not only facilitates the acquisition of new skills but also solidifies them into lifelong habits. This program will help to develop and inculcate learnability and discipline as an embedded habit, thereby enabling the participants to look forward to challenges and persist through failures while being on the path of continuous growth and learning in all aspects of life.

YOU will learn



- Understand the key differences between a growth mindset and a fixed mindset.
- Explore how the brain learns and adapts, enhancing this process with disciplined practice.
- Learn strategies to deeply embed a growth mindset and learnability as habitual behaviors.
- Acquire key learning skills that are amplified by a disciplined approach.
- Understand how language influences learnability, and how to use it effectively.
- Engage in challenging work and learn to celebrate mistakes as opportunities for learning.
- Develop discipline and consistency to overcome obstacles for continuous learning.
- Create and maintain a disciplined action plan for continuous improvement and peak performance.

