



Avinash Ananda
Meta Mind International

A MIND UPGRADE SYSTEM

Lead Yourself with Happiness to Success

MASTER YOUR MIND Success & Happiness Workshop

Based on Meta Mind Alignment, the New Science of Leadership & Happiness

MAXIMIZE YOUR POSITIVITY & OPTIMIZE YOUR PRODUCTIVITY

with

**THE WORLD'S #1
LEADERSHIP & HAPPINESS COACH**

Avinash Ananda

A 6 - MONTHS VIRTUAL WORKSHOP
RECORDED + LIVE + COMMUNITY

A 6-Months Guided Self-Paced
Certification (100 Learning Hours),
structured journey to rewire your
mind for lasting transformation.
Immersive step-by-step masterclasses
with self-paced videos and
interactive & reflective tools.



INCLUDES SPECIAL ACCESS TO:

HAPPYVERSE PREMIUM WORLD META HAPPINESS CLUB

Online yet LIVE

One Year Membership |
52 Weekly Expert-led Sessions |
6 Areas of Happiness | Brand Visibility

MASTER YOUR MIND SUCCESS & HAPPINESS WORKSHOP

Online yet LIVE

2 Interactive Weekend Sessions with
Avinash Ananda | Q & A | Access to
Multiple Cohorts for Reinforcement

META MIND CONFIDENCE & COMMUNICATION

Self-paced Masterclasses

2 - Months Structured Learn Journey |
A Recorded Meta Skill Certification
Program by Avinash Ananda



MASTER YOUR MIND

Success & Happiness Workshop

MAXIMIZE YOUR POSITIVITY &
OPTIMIZE YOUR PRODUCTIVITY

HAPPINESS
BEFORE
SUCCESS

SUCCESS
WITH
HAPPINESS



WHAT

The Instructional Manual for Your Mind

This breakthrough Master Your Mind: Success & Happiness Workshop is structured around two transformational shifts that create lasting change from the inside out:

- **Level 1: Happiness Before Success**— to maximize your positivity.
- **Level 2: Success With Happiness**— to optimize your productivity.

Together, they upgrade the operating system of your mind — to help you feel better, think clearer and achieve more — without stress.

HAPPINESS BEFORE SUCCESS MAXIMIZE YOUR POSITIVITY

This first phase of the Master Your Mind program helps you reset your mindset and unlock positivity — a true superpower in today's changing world.

Through the Meta Mind 4 Keys, you'll learn to sustain inner happiness regardless of circumstances. Research shows that a positivity-driven mindset enhances collaboration, creativity, wellness, and productivity. The twin goals of this phase: self-motivation and empowerment.

SUCCESS WITH HAPPINESS OPTIMIZE YOUR PRODUCTIVITY

This second phase of the Master Your Mind program channels positivity into focused momentum — aligning purpose with performance and turning clarity into action.

At its core is the Meta Mind 6-P Framework, a practical system to help you stay disciplined, motivated, and stress-free while achieving your goals with confidence and ease. The focus: from intention to execution, with success and happiness together.



WHO

Designed for Everyone, Everywhere

- Individuals from all walks of life — cultivating happiness, resilience, and self-mastery
- Leaders & Professionals — seeking focus, clarity, and productivity without stress
- Teams & Organizations — building positivity, collaboration, and performance
- Entrepreneurs & Business Owners — aligning purpose with sustainable growth



HOW

The Learn Journey at a Glance

- A 6-Month Journey — structured yet flexible
- Self-paced recorded masterclasses — learn anytime, anywhere with structured guidance
- Interactive tools & guided reflections — apply and track your learning
- Assessments — validate your progress and growth
- International Certification in Meta Mind Cognitive Leadership & Motivation



INVESTMENT

Your Growth, Your Best Return

- **Fee per participant:**
USD 1,400 / INR 100,000 (plus applicable GST @18%)
- **Preferred Fee per participant (With a Referral Code):**
USD 699 / INR 50,000 (plus applicable GST @18%)

Includes Access to:

- The full **Master Your Mind Recorded Digital Program**
- 12-Months Membership to **Happyverse Premium : World Meta Happiness Club**
- 2-Months Recorded **Meta Mind Confidence & Communication Workshop** (Recorded Masterclasses)
- **Master Your Mind LIVE Workshop** (2-Weekend Sessions) with multiple cohorts for reinforcement

Avinash has trained executives from the partial list of companies given



MASTER YOUR MIND

HAPPINESS BEFORE SUCCESS

MAXIMIZE YOUR POSITIVITY

Master the Meta Mind 4 Keys

*Unlock the treasure chest
of your mind for sustained
happiness*



Discover how inner happiness fuels outer success.



BENEFITS

- Transform your mindset from Negative to Positive
- Identify and Break-through your limiting beliefs and mental blocks
- Learn practical and sure-shot ways to Be Happy Now!
- Be the 'Go-To' role model for positivity! Be an Ambassador of Happiness
- Understand the nature of your mind and take charge of your thoughts & emotions
- Learn how to activate your Meta Mind,- your "new" Leader Mind, to re-program your subconscious and conscious with positivity
- Change your Self-Talk and stop your negative mindless chatter
- Have a positive, clear, calm, focused, aware, enthusiastic, confident & empowered mind
- Make Happiness a Habit



MASTER YOUR MIND

SUCCESS WITH HAPPINESS

OPTIMIZE YOUR PRODUCTIVITY

Master the 6-P Framework

*Use this as your vehicle for
Success with Happiness
in every area of your life!*



Transform action into achievement—Drive success without stress.



BENEFITS

- Have a Growth Mindset
- Find your purpose in life and maximize your progress towards it
- Turn intention into consistent action
- Bounce back faster from set-backs and disappointments
- Motivate yourself to generate and sustain passion
- Plan efficiently and effectively for success
- Manage your time better and even expand your time
- Build trust for positive, lasting relationships, both personal and professional
- Persist with focus and consistency
- Take action with clarity
- Achieve your next level of Success with Happiness



META MIND COMPETENCIES FRAMEWORK™

BASED ON THE META MIND ALIGNMENT, THE NEW SCIENCE OF LEADERSHIP & HAPPINESS

HAPPINESS-CENTRIC TRAINING SOLUTIONS

FOR ENHANCED
POSITIVITY & PRODUCTIVITY
FOR INDIVIDUALS &
ORGANIZATIONS

KNOWLEDGE

Playful Purposefulness	Mindful Celebration	Practical Positivity
Expressed Compassion	Effective Efficiency	Awakened Simplification
Dynamic Adaptiveness	Committed Excellence	Psycho physiological Acceptance

The Leadership & Happiness Competencies Framework is an effective tool to define, monitor and measure learning objectives. It forms the basis for this workshop. The elements in the Framework (individually or in a need-based combination) are also offered as customized training workshops.

SKILLS

Goal Setting	Stress Management	Communication
Team Bonding	Persuasion	Strategy
Creativity	Learnability	Emotion Management & Assertiveness

VALUES

Meaning & Satisfaction	Joy & Pleasure	Confidence & Importance
Love & Connectedness	Inner Power & Control	Wisdom & Clarity
Freedom & Autonomy	Strength & Security	Peace & Calmness

BELIEFS

I am always achieving & contributing	I enjoy life in the moment	I believe in me
I care for & appreciate myself & others	I believe in results not reasons	I live with integrity & awareness
I always find a way or make one	I always do my best	I am stronger than my feelings

ATTITUDES

Dream-big & Action-orientation	Gratitude & Enthusiasm	Trust & Respect
Cooperation & Humility	Never-Give-Up & Result-orientation	Reflection & Foresight
Abundance & Let go	Growth mindset & Devotion	Balance & Courage

QUALITIES

Focus & Drive	Childlike & Humour	Self-Worth & Sensitivity
Empathy & Likeability	Persistence & Response-ability	Insight & Peripheral Vision
Flexibility & Curiosity	Consistency & Discipline	Resilience & Anti-fragility



Values (human needs & drivers)

Beliefs (feelings of certainty)

Attitudes (thought patterns & perspectives)

Skills (abilities expressed as behaviors)

Qualities (consistently demonstrated traits)

Knowledge (principles of sustained happiness)

Fun & Focused - **I**nspirational & Introspective - **R**elevant & Research-based - **E**xperiential & Engaging

YOUR POWERFUL MIND UPGRADE PROGRAM

MASTER YOUR MIND SUCCESS & HAPPINESS WORKSHOP

SUSTAINABLE HAPPINESS, STRESS-FREE SUCCESS

For Deeper Immersion &
Transformational Break-Throughs,
join the next cohort of Global Leaders
at the upcoming

‘Master Your Mind’ Luxury Retreat

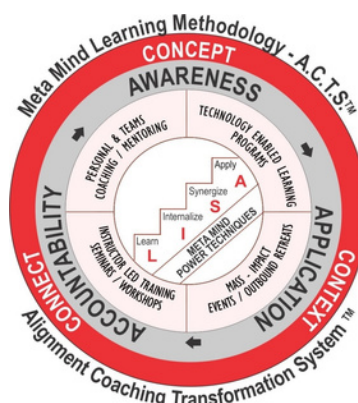
A 2-days Weekend Experience .
‘Live’, up-close & in-person.

Contact for details:
office@avinashananda.com

LEARNING METHODOLOGY

ALIGNMENT COACHING TRANSFORMATION SYSTEM™ - A.C.T.S.™

A.C.T.S.™ is a unique, holistic, multi dimensional, multi sensory, interdisciplinary training methodology for greater learning and deeper impact in shorter time frames.



- Uses the specific learning tools & delivery models best suited to achieve related pre-defined training goals.
- Results in clear take-aways, insights & desired behavioral changes.
- Uses improv Theatrics™ with story telling , conversations, demonstrations, games & humor.
- Focuses on creating shifts in mindsets to enhance effectiveness of learning skill-sets at both conscious & sub-conscious levels
- Provides assignments, demonstrations, activities, real-life coaching case studies, project work & assessments
- Includes world-class instructional design, interactive learn journeys & content with international certification



AVINASH ANANDA

LEADERSHIP & HAPPINESS GURU

Avinash Ananda is an internationally renowned leadership advisor & happiness strategist. Hailed by the media & professionals, worldwide as Leadership & Happiness Guru, he is the Founder of Avinash Ananda Meta Mind International, USA, which provides leadership & happiness-centric training solutions designed to enhance positivity, productivity, & well-being for individuals and organizations across the globe.

With a career spanning more than three decades, Avinash has impacted the lives of over one million individuals through face-to-face coaching, seminars, and workshops across 30 countries in Europe, Asia, the Middle East, and the USA. His participants include corporate executives at every level of management from more than 300 organizations, among them global giants such as Microsoft, Google, Marriott, LG, Cognizant, Reliance, Tata, Capgemini, IBM, Vodafone, & Amazon. A much-sought-after keynote speaker and executive coach, he has also personally mentored more than 1,000 leaders & trainers worldwide.

Avinash is also the co-creator of the applied behavioral science of Meta Mind Alignment™, the new science of Leadership & Happiness. This pioneering framework for human potential optimization combines mindset & behavioral transformation to create holistic success & sustained happiness for individuals & organizations. His teachings blend time-tested Eastern wisdom & meditative practices with the latest in Western management thought, positive psychology, behavioral economics, & neuroscience.

His contributions have earned him international acclaim & several prestigious honors. Recognized at the House of Lords, U.K. Parliament by Lord Swaraj Paul & Virendra Singh, M.P., he was celebrated as “The World’s #1 Leadership & Happiness Coach” & “International Ambassador for Leadership & Happiness.” He has also been felicitated as the “#1 Global Leadership & Happiness Guru” by His Excellency Yaqoob Al Ali from the Dubai Royal Family. Over the years, he has received numerous awards, including “World’s Leading Behavioral Expert & Motivational Speaker,” and the Rotary International Scholarship. He has been ranked among the “100 Inspirational Leaders of India” by White Page International and among the “51 Most Fabulous Global Happiness Leaders” by the World HRD Congress. Avinash is also an honorary recipient of the Paul Harris Fellow Award, the highest recognition conferred by Rotary International, and was awarded an Honorary Doctorate in Happiness-Centric Leadership & Transformational Coaching from Kennedy University, Paris, authorized by the French Ministry of National Education and accredited by QAHE.

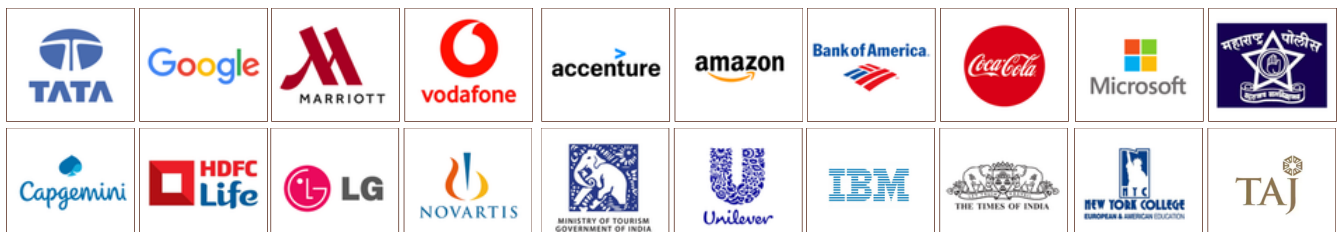
Beyond his work as a speaker and coach, Avinash has founded and runs several institutions: the Global Academy of Meta Mind Alignment (GAMMA) for behavioral sciences research, the Management Institute of Behavioral Sciences (MIBS) for employee engagement & organizational excellence, the International Institute of Personality Development (IIPD) for youth empowerment, & Bubbles International for life-skills development in children.

Avinash’s academic foundation is in Industrial Relations and Organizational Behavior from St. Joseph’s College, Bangalore and several executive education certifications from other prestigious institutions including I.I.M., Ahmedabad. He was mentored for over three decades by Prof. Rooshikumar Pandya, a pioneer of the HRD movement in India and former Humanities faculty at McGill University, Canada. He further trained with world-renowned experts including Richard Bandler (NLP), Edward de Bono (Lateral Thinking), Stephen Covey (Execution Excellence), Jack Canfield (Success Principles), Anthony Robbins (Peak Performance), John Maxwell (Leadership) & Harada Sekkai Roshi (Zen Meditation).

His diverse experiences include: being invited to a world leaders’ breakfast with President Obama in Washington D.C.; being the faculty for a Harvard Business School Publishing Certification Program on Strategy for senior I.T. professionals in India; teaching happiness to Dalai Lama monks in the Himalayas; addressing an interfaith conference in California on happiness for religious leaders; serving as visiting professor at universities across the world to shape thousands of next-generation leaders; and working with NGOs in India to build empowerment skills & self-esteem among street children, orphans, the physically challenged, and senior citizens.

A co-creator of The World Happiness Movement, Avinash’s mission is to ‘Make Happiness Go Viral’, by impacting one billion people with his teachings.

Avinash has trained executives from the partial list of companies given below





AVINASH ANANDA

LEADERSHIP & HAPPINESS GURU

Testimonials



VASIL NACI

Entrepreneur, Philanthropist,
President, AGNA Group, Albania,
Europe.

"Avinash Ananda is my Guru and mentor from whom I have learned a lot. He is the major inspiration behind my becoming a motivational speaker!

He also has been the inspiration and key catalyst to our starting the Agna Leadership Academy, the in-house learning center for my companies, which I believe, is a tremendous long term return on investment for our businesses."



HARISH BAIJAL

Former Additional Director General of
Police (ADGP), Maharashtra Cyber
Crime, India

"Avinash Ananda is my friend, philosopher, guide and guruji. Words cannot express how he has helped me and my family transform our lives."



PROF. CLAUDE VARLEY

UNYT-UNYP-IUM, President of Several
Companies in Monaco, ex-CEO Coca
Cola Bottlers, Monaco, France

"Beyond his great sense of communication, motivation and ability to lead the way, Avinash is a reference, enabling his students to become passionate about leadership, strategy, goal-setting, decision making, etc. I highly recommend Avinash to anyone in the business or education fields."



DR. KULIN KOTHARI

Foremost Ophthalmic Surgeon in
India, Philanthropist, Chairman,
Bombay City Eye Institute & Research
Centre, Mumbai, India

Having undergone Avinash Ananda's leadership training, I strongly recommend him for creating a positive transformation in individuals and organizations. His work with BCEIRC is focused on empowering our professionals to live our core values and I am very happy with the results.

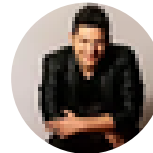


VALDET DECANI

Leading Behavioral Trainer, Medical
Doctor, Entrepreneur, CEO, Alba
Qeramika, Kosovo, Europe.

When Avinash Ananda became my mentor and my Guru. My life underwent a transformation. I am now a better leader and communicator both personally and professionally and a better mentor to my family and employees thanks to his teachings.

The clarity and competence that Avinash Ananda has is unparalleled and his ability to see the truth and give personal feedback like a mirror creates magical breakthroughs in the shortest time frames.



ERMAL MAMACI

Leading Motivational Trainer,
Albania's No.1 Movie Star & TV Talk
Show host with millions of followers
and fans.

Avinash is a great Teacher and Master. The lessons that he gave me helped me to start doing what I'm doing now as a Motivational Speaker and a Trainer for Self Development.

The way that he presents his training mixed with funny stories is amazing. That makes it easy to remember any time. He is a very kind person and with a great heart.

I'm honored to have him as my Guru. I'm thankful to him always because he believed in me and he empowered and put me on the right track.



MALOO NATARAJAN

Banker, Investor, Independent
Direction, Chairperson FICCI FLO
Mumbai

While we all profess to want to be happy, the pursuit of happiness never reaches the top of our to-do lists. I read somewhere that 'Nobody is put on this earth to make sure you are happy' but we certainly have one person who is willing to show us the path the happiness. Was a fabulous session Avinash and thank you so much for making it seem so simple and easy. The members loved it.





Lead Yourself & Others with Happiness, to your Next-Level of Success



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