



Happiness-centric...

META MIND 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



The word "emotion" comes from a latin root "emovere" which means "to disturb". "E - motion" could also mean "energy in motion". Whether our emotions disturb us or give us positive energy depends on how we manage them.

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.

This power packed training program helps you deal with emotionally difficult situations, rationally and effectively. This program is highly interactive, practical and supportive. It provides practical guidance to develop Emotion Management skills in a range of personal and professional situations.

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



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