



Avinash Ananda  
Meta Mind International

# ONLINE WITH AVINASH

# 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

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, interactive tools, and guided reflections.

Unlock Inner Happiness To Drive Outer Success



# MASTER YOUR MIND

## Success & Happiness Workshop

### MAXIMIZE YOUR POSITIVITY & OPTIMIZE YOUR PRODUCTIVITY

HAPPINESS  
BEFORE  
SUCCESS

SUCCESS  
WITH  
HAPPINESS



#### WHAT

Where Insight Becomes Impact

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 form a powerful roadmap to help you feel better, think clearer, and achieve more—with happiness at the heart of it all, 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 Self-Leadership & Motivation



#### INVESTMENT

Your Growth, Your Best Return

- **Fee per participant:**  
USD 1,200 / INR 100,000 (plus applicable GST @18%)
- **Preferred Fee per participant (With a Referral Code):**  
USD 599 / INR 50,000 (plus applicable GST @18%)

EXCLUSIVE

#### DEEPEN YOUR TRANSFORMATION

Online Masterclasses  
with

**AVINASH ANANDA**

THE WORLD'S #1 LEADERSHIP & HAPPINESS COACH

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.*



*Do you want to learn how to  
control your mind and generate  
positive energy, at will?*



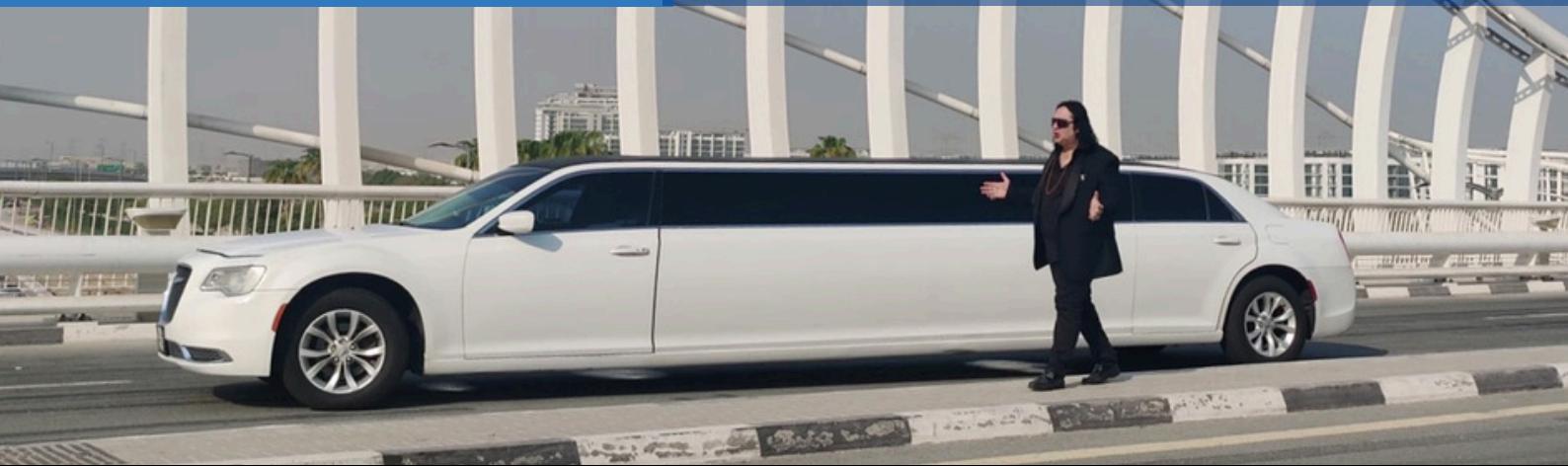
## BENEFITS

- 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 )

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

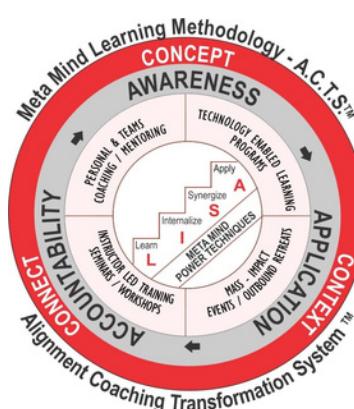
## MASTER YOUR MIND SUCCESS & HAPPINESS WORKSHOP

### LEAD YOURSELF WITH HAPPINESS TO SUCCESS

Join Avinash Ananda  
ONLINE to master the  
inner game of  
positivity and the  
outer path to peak  
performance.

## 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. He is the Founder of Avinash Ananda Meta Mind International, USA, which provides Leadership & Happiness-centric training solutions for enhanced positivity & productivity for individuals & organizations globally.

Hailed by the media and professionals as 'Leadership and Happiness Guru', Avinash has been honored at the House of Lords, U.K. Parliament, by Lord Swaraj Paul & Virendra Singh, M.P., as "THE WORLD'S #1 LEADERSHIP & HAPPINESS COACH" and "INTERNATIONAL AMBASSADOR FOR LEADERSHIP & HAPPINESS". He has also been recognized as "#1 GLOBAL LEADERSHIP & HAPPINESS GURU" felicitated by His Excellency Yaqoob Al Ali from the Dubai Royal Family. Avinash is a recipient of several awards & scholarships including "WORLD'S LEADING BEHAVIORAL EXPERT & MOTIVATIONAL SPEAKER", "ROTARY INTERNATIONAL SCHOLARSHIP" among others, and has been ranked as one of the "100 INSPIRATIONAL LEADERS OF INDIA" by White Page International & one of "51 MOST FABULOUS GLOBAL HAPPINESS LEADERS" by the World HRD Congress. Avinash Ananda is also an honorary recipient of the Paul Harris Fellow Award, the highest recognition that Rotary International confers, for his outstanding contribution to building international friendly relations.

Avinash has trained over 1 million individuals from all walks of life, through "live" face-to-face coaching sessions, seminars and workshops, across 30 countries in Europe, Asia, Middle East and USA for over 30 years on all aspects of leadership and happiness. These include corporate executives at all levels of management from over 300 companies including global brands such as Microsoft, Google, Marriott, LG, Cognizant, Reliance, Tata, Capgemini and Amazon. He has personally mentored over 1000 leaders and trainers. He is a much-sought after keynote speaker and author of over 12 books.

Avinash Ananda is also the Founder-Director of Global Academy of Meta Mind Alignment (GAMMA) for behavioral sciences research, Management Institute of Behavioral Sciences (MIBS) for employee engagement & excellence enhancement in organizations, International Institute of Personality Development (IIPD) for youth empowerment through colleges & universities, and Bubbles International for self development in children through schools. Avinash is the co-creator of the applied behavioral science of Meta Mind Alignment, also called the new science of Leadership & Happiness, which provides a powerful framework for human potential optimization through mindset & behavioral transformation for individuals & organizations. Avinash's teachings draw from a wide spectrum of spheres blending time-tested eastern wisdom & meditative practices with the latest in western management thought & up-to-date science-backed research in positive psychology, behavioral economics & neurosciences.

The range of his experiences include being invited to a breakfast meet of world leaders with Obama at Washington DC.; being the faculty of a Harvard Business School Publishing certification program on Strategy & Innovation to senior I.T. professionals in India; teaching happiness to Dalai Lama monks in the Himalayas; being invited as visiting Professor at universities worldwide for shaping thousands of students into next-generation leaders; speaking on happiness to religious leaders at an inter-faith conference in California; and working with NGOs to develop self-esteem and empowerment skills in street children, orphans, the physically-challenged and senior citizens in India.





# Testimonials

## AVINASH ANANDA LEADERSHIP & HAPPINESS GURU



### 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."



### 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.



### 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."



### 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.



### 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."



### 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 of happiness. Was a fabulous session Avinash and thank you so much for making it seem so simple and easy. The members loved it.



### 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.

