



Happiness-centric...

META MIND REFLECTION & STRATEGY

PLAN FOR RESULTS

*"In business as in life, it is often the little things,
that make the big difference."
-Avinash Ananda*

WHY

this program



Meta Mind Reflection & Strategy is an intensive program to learn how to strengthen your strategic thinking skills by achieving higher levels of clarity and clearer organization of thoughts.

This program is focused on the practical elements of strategic planning, problem solving and decision making. You will learn principles and reflective techniques to gain greater insights into your own cognitive faculties and potential. The purpose is to be able to crystallize your purpose and create clarity despite ambiguity and to make intelligent and quick decisions to achieve the results you desire.

This introspective and interactive program is aimed at developing a strategic mindset using the latest research in planning and strategy tools to understand your challenges and guide you to find effective solutions.

YOU

will learn



- To develop clarity of thought
- The importance of blending of reality-based thinking and possibility thinking
- To generate new approaches with foresight to preempt challenges and evaluate future scenarios better and faster
- To avoid group-think
- To create better short-term goals that support long-term strategy
- How mental models affect strategy
- Meta Mind Strategy tools and techniques
- To know when to embrace necessary risk
- To align macro planning and micro execution
- To make logical strategic decisions using decision making tools
- How to evaluate options and arrive at optimal conclusions
- To optimize the use of your mental faculties through ongoing self-reflection
- How to create realistic and flexible plans and adapt to changes in the external environment
- To integrate strategic planning and decision-making with your core values and objectives through continuous reflection on reality