AVINASH ANANDA
META MIND INTERNATIONAL
Leadership & Happiness Training Multiversity

STRATEGIC PARTNER

RESEARCH PARTNER

META MIND INTERNATIONAL MASTER YOUR MIND TRAINER CERTIFICATION PROGRAM

PROSPECTUS

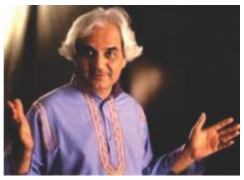
AVINASH ANANDA META MIND INTERNATIONAL

Avinash Ananda Meta Mind International is a group of educational institutions that provide leadership & happiness-centric training solutions to enhance positivity & productivity for individuals & organizations. These are aimed at human potential optimization through mindset & behavioral transformation, based on the applied behavioral science of Meta Mind Alignment, also called the new science of leadership and happiness. Blending the timeless wisdom of the East with the latest management practices of the West, this group includes international behavioral training organizations for various target audiences, a research & instructional design center, trainer certification institute and learning systems quality accreditation body that is focused on educational outreach & transformational engagements. All learning interventions are based o
n a multi-pronged learning approach called the Alignment Coaching Transformation System. Avinash Ananda has trained over 1 million people from all walks of life, including executives from over 300 corporate organizations, institutions and government bodies worldwide using this system. Backed by a panel of research scholars, behavioral scientists, psychologists, management consultants, business leaders and educationists, Avinash Ananda Meta Mind International has a qualified team of expert behavioral trainers who are specialists in their own core competencies which together encompass the entire spectrum of all aspects of behavioral training.

Founded by **Avinash Ananda**, international Leadership & Happiness Guru and **Varsha P G**, eminent Psychotherapist and Life Coach, Avinash Ananda Meta Mind International has a presence in 30 countries across America, Europe UK, UAE and Asia.

AVINASH ANANDA'S MENTOR & INSPIRATION

Avinash Ananda Meta Mind International is dedicated to and inspired by the life and teachings of Late **Professor Rooshikumar Pandya,** *who mentored Avinash Ananda since he was 10 years old, for 30 years.* A pioneer of the HRD Movement in India, international management consultant, corporate behavioral trainer & one of the best speakers in the world.



AVINASH ANANDA META MIND INTERNATIONAL: GROUP OF INSTITUTIONS

The Avinash Ananda Meta Mind International Group of Institutions are dedicated to optimizing human potential through leadership & happiness learning interventions.

G.A.M.M.A
Global Academy of Meta Mind Alignment

Research in behavioral sciences, Instructional Design for content/curriculum creation & Trainer Accreditation for behavioral transformational interventions.

M.I.B.S.
Management Institute of Behavioral Sciences

Employee Engagement & Excellence Enhancement through coaching & training for all levels of executives in organizations.

A.L.F.A.
Applied Learning thru Fine Arts

Art-based Therapy & Self Development for all ages through multi-modal teaching methodologies theatre, music, art, dance, writing and other fine arts.

Bubbles International

Values-based Self Development in confidence, creativity, confidence and character building for children (4 to 14 years) through schools.

I.I.P.D.
International Institute of Personality Development

Self-Development, especially in empowerment of life skills, for Young Achievers (aged 15 to 25 years) through colleges and higher education institutions.

World Meta Happiness Movement™

With the sole purpose of training people to become happier through ***Happiness Events, Happiness Clubs, Happiness Workshops & Happiness Tools & Products*** for individuals, institutions, corporate houses, all sections of society & governments globally.

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MASTER YOUR MIND TRAINER CERTIFICATION PROGRAM

BASED ON THE INTERNATIONAL FRAMEWORK OF META MIND ALIGNMENT™ AND THE UNIQUE TRAINING METHODOLOGY
A.C.T.S- Alignment Coaching Transformation System™

The Master Your Mind Trainer Certification Program is an ideal Train-The-Trainer Program to empower trainers to conduct and facilitate the 2 days Master Your Mind Program for Positivity & Productivity.

Behavioral Training is a fast-growing industry and thus a preferred career choice for entrepreneurs, teachers, experienced managers, subject-matter experts, ex-service men from the Armed Forces, management consultants and even freshers with a desire to make a positive difference in the world. Organizations and institutions are constantly looking for fresh & relevant content through certification programs conducted by full time trainers and freelance training consultants.

This trainer certification program is ideal for experienced trainers and seasoned corporate and entrepreneurial professionals who can delve into their own life and work experiences to teach the content of the Master Your Mind program. This Master Your Mind Trainer Certification Program offers a much-needed power boost to their careers by helping them use the structured frameworks taught to them, become a Master your Mind Trainer and gain a reputed international certification based on the acclaimed behavioral science of Meta Mind Alignment.

As a good trainer also needs to learn to be an excellent transformational leader, this Meta Mind Trainer Certification Program, helps the participants to also work on their own mindsets and skill sets to be able to impact their audiences and inspire long-term transformation.

This program presupposes that the participant already has the platform skills for delivery to audiences and the coaching skills for one-on-one interactions. Although these skills will be honed and assessed during the learning process of this program and beyond, this program is mainly focused on training the participants to understand and train/coach based on the unique content and framework of the Master Your Mind Program to enhance Positivity & Productivity.

In this extensive and intensive program, we provide the participants with full length, ready to deliver training modules. These modules are exhaustive and include Program Outlines, Facilitator Guides, Participant Manuals, Handouts and Activity Sheets for delivery. If the participant chooses to use the online support system with a pre-recorded course to help them provide the content (while they emphasize learning how to implement it in the participants' context) during their training interventions, and if they choose to opt to give their participants an international certification for participation, these can be obtained at a minimal cost per participant from Avinash Ananda Meta Mind International.

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COURSE SPECIFICATIONS

COURSE CURRICULUM

The curriculum comprises of core training modules have been designed for empowerment of the trainer to conduct the two-days Master Your Mind program. The modules are powerful, experiential and interactive. They are result-oriented and aim to bridge the gap between theoretical academic education and the practical reality of the real world.

COURSE FEATURES & PROGRAM HIGHLIGHTS

- Become your own brand
- Be exposed to the one-of-it's kind unique training style, Improv Theatrics™
- Researched and Validated Content
- Extensive participant - friendly Interactive modules
- Combination of ILT (Instructor Led Training) and TEL (Technology Enabled Learning) and self-paced modes of learning
- Extensive scheduled Project / Feedback Work
- Intensive Assessments & Certification

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COURSE STRUCTURE

The META MIND Certificate Courses of study are modular, consisting of self-contained units assessed on a modular basis.

The GAMMA Interactive Modules contain –

- Textual Knowledge
- Meta Mind Techniques & Tools
- Intensive Exercises
- Book Reviews / Movie Reviews
- Self Assessment Tools
- Evaluations and Tests
- Case Studies & Research
- Project Work

The Meta Mind *Learning Model* is used to maximize learning:

- **Awareness:** through personal assessment, knowledge tests and book reviews
- **Discovery:** through simulations, case studies and workbook exercises
- **Application:** through individual and team projects and scheduled feedback work
- **Accountability:** through presentations, project work and assessments.

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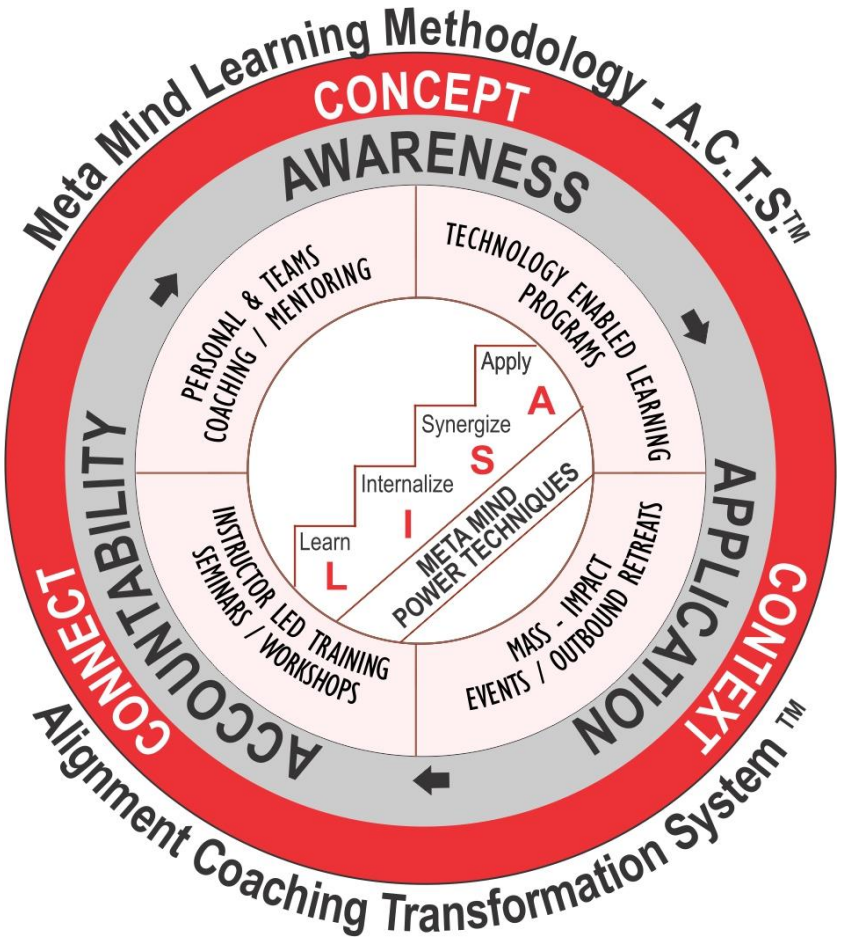
LEARNING METHODOLOGY : Alignment Coaching Transformation System™ - A.C.T.S.

This Certification Program is based on **A.C.T.S.™ (A**lignment **C**oaching **T**ransformation **S**ystem™**),** a holistic educational technology developed by GAMMA. The modules in this program are based on modern and up to date research in the fields of behavioral sciences, management theories, and the principles of both Pedagogy and Synergogy.

The combination of Behavioral Coaching, Self Paced Learning through Practice, Class room sessions, Online Interactive Studies and Project Work makes this a unique learning experience. Assignments, tests, dissertations and other training methods as enlisted below form an integral part of the course methodology.



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A.C.T.S.™ is a unique multi-dimensional, multi- sensory, interdisciplinary methodology that synergizes basic training methods like –

- Audio-visual Lectures
- Creative Games
- Discovery Learning
- Case Studies
- Indoor/ outdoor activities
- Self Assessments
- Psychological Testing Tools
- Action Learning
- Synergogy
- Discussions
- Adventure Learning
- Brainstorming
- Role Playing
- Dyadic Exchanges
- Video Based Training
- Online Learning

with more unique experiential systems for greater learning and deeper impact in shorter time frames.

These include –

- Meta Mind Power Techniques™
- Meta Mind Reflective Learning™
- Meta Mind Integrated Fine Arts™
- Meta Mind Assessments™
- Improv Theatrics™
- Pyro Training™
- Meta Mind 'Entrainment'™
- Meta Mind Meditation™
- Meta Mind Experiential Learning™
- Meta Mind Subconscious Conditioning™

- A.C.T.S. USES THE SPECIFIC METHODOLOGIES BEST SUITED TO ACHIEVE RELATED PRE-DEFINED TRAINING GOALS.
- A.C.T.S. RESULTS IN CLEAR TAKE-AWAYS, INSIGHTS & DESIRED BEHAVIORAL CHANGES.
- A.C.T.S. OPERATES AT BOTH CONSCIOUS AND SUBCONSCIOUS LEVELS OF LEARNING.
- A.C.T.S. FOCUSES ON CREATING SHIFTS IN MINDSETS TO ENHANCE EFFECTIVENESS IN LEARNING OF SKILL SETS.

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KEY FEATURES DETAILED

Comprehensive Content

Each module has been carefully designed to ensure a thorough understanding of the concepts in theory and practice. Scope is provided for additional *Research* that allows the participant to gain a varied depth of knowledge depending on individual requirements.

Self-Paced Learning

Intensive Project Work is given to incorporate implementation of learning in real life. The projects can be completed at your own pace within the stipulated time frame

Continuous Learning & Revision

All *Questionnaires* and *Profile Feedback/Reports* are stored for a stipulated period for secure access at any time for revision and self assessment.

Project work

All students are expected to put in the requisite hours of their time into submission of their assignments, project work and dissertations, exclusive of presentation time.

Final Examination and Certification

The *Final Examination Certificate* is provided to the participants by GAMMA based on their assessments, internship project work and final examination test results.

Feedback & Confidentiality

Questionnaires and *Profile Feedback* are provided to assist with your own personal development and growth. Confidentiality of feedback is ensured.

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COURSE SYLLABUS

SESSION #	MODULE
SESSION 1:	MASTER YOUR MIND FOR HAPPINESS BEFORE SUCCESS FRAMEWORK
SESSION 2:	MASTER YOUR MIND FOR SUCCESS WITH HAPPINESS FRAMEWORK
SESSION 3:	MASTER YOUR MIND CONTENT FLOW
SESSION 4:	MASTER YOUR MIND CONTENT TRAINING – PRACTICE
SESSION 5:	ASSESSMENTS • Module-wise & Final Assessments • Book/Movie Reviews - Presentations • Internship 'live' / video Assessments • Workbooks & Dissertation Submission & Review

Please note

- ★ The above program schedule is designed to train the participant to conduct a Master Your Mind training workshop of 2 days duration as a certified Master Your Mind Trainer. Refer to the Master Your Mind brochure for details of the 2 days program.
- ★ This part time autonomous program is for 6 months in duration (5 ILT sessions of 2 hours duration, one every month plus 1 month for completion of assignments/ project work) with a total of 40 hours of total time commitment on self-work by the participant.
- ★ Also, kindly note that each session will be conducted 'live' by a qualified Meta Mind Master Trainer on a one-to-one coaching basis either in-person in Mumbai or as mutually decided, or online via Zoom.

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FINANCIAL COMMITMENTS ON THE PART OF THE PARTICIPANT

A. PROFESSIONAL FEES : FULL PAYMENT IN ADVANCE (Plus Service tax as applicable)	
1) Professional Fees for the Master Your Mind Trainer Certification Program	USD 6,000 / INR 500,000

PLEASE NOTE:

- The Service tax as applicable will have to be added to the above stated amounts.
- The fee is payable in advance on confirmation of the dates.
- The academy will not entertain any claim of refund or otherwise made by the participant, regardless of whether he/ she attends and / or completes the course or not.
- Certificate will be issued only on complete payment of fees, on submission of due projects and on successful completion of the final examination.
- The certificate will include the logos of Avinash Ananda Meta Mind International, Kotler-Impact, Global Academy of Meta Mind Alignment & International Union of Professional Trainers.

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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, which provides Leadership & Happiness-centric training solutions for enhanced positivity & productivity for individuals & organizations.

Hailed by the media and professionals as 'Leadership and Happiness Guru', Avinash has been honored at the House of Lords, U.K. Parliament, as "THE WORLD'S #1 LEADERSHIP & HAPPINESS COACH". He has also been recognised as “#1 GLOBAL LEADERSHIP & HAPPINESS GURU” felicitated by His Highness 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 the “51 MOST FABULOUS GLOBAL HAPPINESS LEADERS” by the World HRD Congress.

Avinash Ananda is 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) and the co-creator of Meta Mind Alignment, called the new science of leadership and happiness, which provides a proven framework and system of human potential optimization for creating lasting positive behavioural change in individuals and groups. Avinash is the Chairman of The International Institute of Personality Development (IIPD) and the Dean of Management Institute of Behavioural Sciences (MIBS).

Avinash’s teachings draw from a wide spectrum of spheres blending time-tested eastern wisdom & meditative practises 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.

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FACULTY PROFILE

VARSHA ACHELOIS

THE RAIN THAT WASHES AWAY PAIN

Varsha is an internationally acclaimed psychotherapist, mindset management trainer, eminent educationist, curriculum design consultant and life coach.

Her name, Varsha (Sanskrit word meaning 'rain') Achelois (Greek word meaning: "she who washes away pain"), is her mission, which is to be the rain that washes away pain.

She is the Co Founder of Global Academy of Meta Mind Alignment (GAMMA) and co-creator of the applied behavioral science of Meta Mind Alignment. Hailed by the media as 'Lady Buddha', Varsha trains on all aspects of behavioral sciences and specializes in Emotion Management.

Varsha has a bachelors degree in Industrial Psychology. She also has both a bachelors and masters degree in Education. She has completed her post graduate studies in Computer Science and also has a Master of Science degree in Psychotherapy and is currently pursuing her doctoral studies in Education and Psychotherapy. A Certified Ontological Coach, Varsha has also undergone formal training in applied psychology in fields including Interplay, Rational Emotive Behavior Therapy (REBT), Eye Movement Desensitization and Reprocessing (EMDR) and Somatic Experiencing for Trauma Healing. She has also been trained on Suicide Prevention Counseling Interventions and Art-based Therapy.

Varsha is a certified and licensed corporate trainer for Skills-based workshops including Communication, Team-building, Creativity, Assertiveness, Public-speaking and Personality development. She is also licensed & certified to conduct Mindset Management programs on Positive Attitude, Confidence-building, Emotion Management, Stress Management and Relationship-building. As a certified life coach Varsha has facilitated one-to-one coaching, mentoring & counselling sessions especially in the areas of self-growth, trauma- healing and relationship-building. As a leading behavioral consultant, she has pioneered, created, designed, and conducted several training projects for corporate India and multinationals through both Instructor Led Training and Technology Enabled Learning modes.

Varsha has conducted her transformational training workshops and one-to-one sessions in India, UK, Hong Kong, Thailand, Greece, France and the Middle East. She has actively contributed to various Corporate Social Responsibility projects, NGOs, orphanages, and old age homes, through ongoing attitudes and skills enhancement training. For educational institutions, she has created graduate and post graduate certification programs from curriculum design to "train the trainer" phases. In her much-in-demand training workshops the participant profile range includes corporate professionals (from organizations like Wipro, Times of India, Reliance, Honeywell and many more); young adults in colleges; and children in primary, secondary and high schools.

Inspired by the Renaissance Era, Varsha's interests in the various fields of Music, Teaching, Theater, Art, Advertising, Poetry and Computer Programming have contributed to the unique multi-dimensional teaching methodology of the Meta Mind Curriculum. She also heads the Research & Instructional Design operations at GAMMA. Being an expert in the area of Emotion Management, she is much sought after not only for training programs on Emotional Intelligence, but also conducts coaching sessions for the same.

Varsha, also fondly known as Bubbles, is also the Founder of Bubbles International, the children's division of Global Academy of Meta Mind Alignment, focused on Personality Development and Life-Skills Workshops for children. Bubbles is much-loved and well-known for her combining her ideals and simplicity with the real-world.

Varsha pioneered the ´Appreciation Movement´ in 1999, which has evolved into the "World Happiness Movement" in 2011, with a vision to spread the spirit of happiness.

Her unique style of teaching and sessions once experienced always has people coming back for more 'food for the soul'.

Her unique training methodology and content are globally appreciated and acknowledged by organizations, institutions and individuals from all walks of life.

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