



Happiness-centric...

META MIND SELF AWARENESS

KNOW THYSELF

*"Self Awareness is the first step towards Self Mastery."
-Avinash Ananda*

WHY

this program



Socrates said, "Know Thyself". Self-understanding, which begins with self-awareness is the beginning of knowledge and growth. In this intensive and reflective training program, you can begin your exploration of inner space by asking yourself and discovering your own answers to some eternal questions regarding self:

Who am I? Am I the 'me' that others see me as, or am I the 'me' that I think I am? Is there more of me that I am unaware of? What unconscious patterns of behavior do I have that help/hurt me? Am I what I portray to others? What are my true strengths that I can build on to get where I want?... and more.

You can, through this program gain deeper insights into yourself and get in touch with your inner self. It will help you understand more about what you really want from life, and what prevents you from getting it.

Having an insight into yourself is an excellent start to being able to understand others. This interactive training program will also help you deepen your understanding of human nature through an authentic self-exploratory process.

YOU

will learn



- To understand yourself better
- To understand why you do, what you do
- To reflect on your strengths and areas of improvement
- A proven way to change your 'weaknesses' into 'strengths'
- To explore and uncover your core values, hidden drivers and higher purpose
- To identify how to change the habits and behavioral patterns that prevent you from getting where you want.
- To have a deeper acceptance, sensitivity and respect towards yourself and others
- To develop better clarity about yourself, your perspectives and your vision
- To understand some core principles of human psychology
- How to use the Meta Mind Competencies Framework as a Self-Assessment tool for reflecting on your mindsets and skill sets
- The importance of developing a growth mindset

