



Avinash Ananda
Meta Mind International

2025

Based on Meta Mind Alignment, the New Science of Leadership & Happiness

META SKILLS *Retreat*

FOR LEADERSHIP EXCELLENCE

3-DAYS EXPERIENTIAL RETREAT

Learn the
10 META SKILLS
for
PERSONAL &
PROFESSIONAL
LEADERSHIP

with
**THE WORLD'S #1
LEADERSHIP & HAPPINESS COACH**

Avinash Ananda

June 13th, 14th & 15th 2025
GOA, INDIA

Strategic Partner



MANAGE MINDSETS, SHARPEN SKILLSETS, UNLOCK POTENTIAL

META SKILLS

FOR LEADERSHIP EXCELLENCE

3-DAYS EXPERIENTIAL RETREAT



LEARN THE
META SKILLS
(MINDSETS + SKILL SETS)
FOR LEADING YOURSELF &
OTHERS.



MANAGE MINDSETS, SHARPEN SKILLSETS, UNLOCK POTENTIAL



ABOUT THE PROGRAM

Leadership success is 85% behavioral and only 15% technical— this means that mastering relevant mindsets & behavioral skillsets is the key to achieving leadership excellence and human resources management effectiveness.

This 3-day immersive retreat is an accelerated workshop, adapted from an intensive one year “i-LEAD” leadership development program. It is designed to provide a powerful immersive learning experience in concentrated nuggets of leadership lessons.

Rooted in the principles of Meta Mind Alignment, at the heart of this retreat is the understanding & learning of 10 essential Meta Skills. Each Meta Skill is a unique and powerful blend of one relevant behavioral skill set along with it's related mindsets.

These Meta-Skills have been gleaned from a powerful Meta Mind Happiness-centric Leadership Competencies Framework, that focuses on learning how to master one's 'inner world'—self-management and self-influence— and one's 'outer world'—managing and influencing others & results.

Each Meta Skill is a leadership superpower, equipping you to stay resilient in challenges, inspire teams, drive results, and cultivate happiness-centric leadership.

A LEADER LEARNS,
APPLIES & TRANSMITS



BENEFITS

- **The Ultimate Leadership Development Program** – Most programs focus only on mindsets or skillsets. This retreat offers a holistic approach, integrating both.
- **10 Meta Skills for Peak Performance** – Develop self-leadership (inner world), people & task leadership (outer world).
- **Personal & Professional Excellence** – Understand & learn the Meta Mind Happiness-centric Leadership Competencies Framework to thrive in all areas of your life.
- **Sustainable Success & Happiness** – Align Values, Vision & Execution Capabilities with deep learning for enduring growth.
- **A One-Stop Shop for Leadership Transformation** – Gain all the essential leadership tools in just 3 days, to lead with greater influence & impact.



WHO SHOULD ATTEND

- **Corporate Leaders & Executives** – Strengthen executive gravitas for enhanced leadership effectiveness.
- **Entrepreneurs & Business Owners** – Scale with clarity, strategy & people mastery.
- **HR Professionals & People Managers** – Build a thriving, engaged workplace culture.
- **Trainers, Coaches & Consultants** – Upgrade skills & knowledge with powerful new Meta Mind Frameworks.
- **Emerging Leaders & Professionals** – Accelerate career growth & leadership skills.

META SKILLS FOR PERSONAL & PROFESSIONAL EXCELLENCE

Do you want to ...



Be fully in charge of & excel in both your inner & outer worlds?



Manage your mindsets & sharpen your skill-sets to deal with any challenges you face?



Grow & contribute at higher levels than before?



Be happy & spread happiness while you make a greater impact as a leader?



IF YOUR ANSWER IS 'YES!',
THEN THIS IS THE PROGRAM FOR YOU!!!



TOPICS COVERED

The 10 Meta-Skills (skillsets and related mindsets) modules are derived from the Meta Mind Happiness-centric Leadership Competencies Framework. They are divided into inner world mastery (for self-leadership & fulfilment) and outer world mastery (for people management & achievement) Meta-Skills.

INNER WORLD

META SKILLS PROGRAMS

META MIND BALANCE & EMOTION MANAGEMENT
Take charge of your emotions

META MIND FLEXIBILITY & CREATIVITY
Think out of the box

META MIND REFLECTION & STRATEGY
Plan for results

META MIND GRATITUDE & STRESS MANAGEMENT
Relax & enjoy

META MIND DISCIPLINE & LEARNABILITY
Learn, unlearn & relearn

OUTER WORLD

META SKILLS PROGRAMS

META MIND CONFIDENCE & COMMUNICATION
Communicate clearly & confidently

META MIND FOCUS & GOAL SETTING
Program your mind for success

META MIND PERSISTENCE & PERSUASION
Be convincing

META MIND EMPATHY & TEAM BONDING
Work well with others

META MIND COURAGE & ASSERTIVENESS
Manage difficult conversations

*Meta Skills are combinations of Mindsets & Skill-sets
to lead your Inner World & Outer World*

META MIND COMPETENCIES FRAMEWORK™

BASED ON 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 Meta Mind Happiness-centric Leadership 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)

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

META SKILLS

FOR LEADERSHIP EXCELLENCE

PROGRAM DETAILS

DURATION: 3 DAYS PROGRAM

DATES: JUNE 13TH, 14TH & 15TH 2025

VENUE: GOA, INDIA

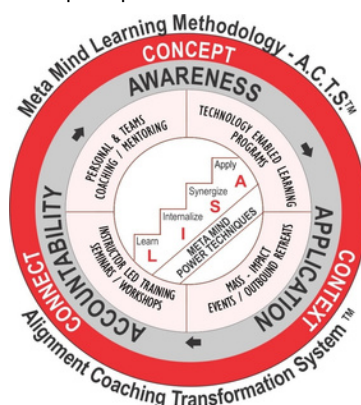
DELIVERY MODE: LIVE 'IN-PERSON' RETREAT, INCLUDING MASTERMIND & NETWORKING SESSIONS.

FEE PER PARTICIPANT: USD 3000 / EUROS 3000 / INR 250,000 (PLUS 18% GST)

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 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 "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.



+91 9930311694



www.avinashananda.com



avinash@avinashananda.com



AVINASH ANANDA

LEADERSHIP & HAPPINESS GURU

Testimonials



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."



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."



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."



DR. KULIN KOTHARI

Foremost Ophthalmic Surgeon in
India, Philanthropist, Chairman,
Bombay City Eye Institute & Research
Centre, Mumbai, India

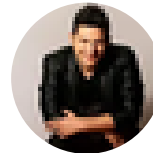
Having undergone Avinash Ananda's leadership training, I strongly recommend him for creating a positive transformation in individuals and organizations. His work with BCEIRC is focused on empowering our professionals to live our core values and I am very happy with the results.



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.



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.



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

