Avinash Ananda
Meta Mind International

MASTER YOUR MIND

iLEAD - META-SKILLS

Mindsets & Skill-sets For Personal & Professional Excellence

INTERNATIONAL HAPPINESS-CENTRIC LEADERSHIP & HUMAN RESOURCES MANAGEMENT CERTIFICATION PROGRAM

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

MANAGE YOUR MINDSETS & SHARPEN YOUR SKILL SETS

with

THE WORLD'S #1 LEADERSHIP & HAPPINESS COACH

Avinash Ananda

EMPOWER YOURSELF WITH THE MINDSETS & SKILL-SETS TO FAST-TRACK YOUR LEADERSHIP GROWTH —AND YOUR CAREER— THROUGH A TRANSFORMATIVE LEARNING EXPERIENCE.

STRATEGIC PARTNER

Kotler impact

IN-PERSON 2 DAYS RETREAT: USD 4,000/ INR 350,000 PER PARTICIPANT
(PLUS TAX AS APPLICABLE)
OR
'LIVE', YET ONLINE 10 SESSIONS PROGRAM: USD 3,500/ INR 300,000 PER PARTICIPANT
(PLUS TAX AS APPLICABLE)

CAPSTONE PROJECT & INTERNATIONAL CERTIFICATION INCLUDED

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WHATEVER YOUR ROLE OR CAREER STAGE, OUR COMPREHENSIVE LEADERSHIP PROGRAM WILL PREPARE YOU FOR THE CHALLENGES AHEAD.

PURPOSE OF THE PROGRAM

The iLEAD Program focuses on optimizing leadership potential through a happiness-centric approach. Leveraging Meta Mind Alignment—the innovative science of Leadership and Happiness—the program integrates Western modern management practices with Eastern timeless wisdom.

To truly excel in leadership, it is essential to recognize that happiness is not merely an adjunct but a fundamental component of effective leadership. Research shows that while technical skills account for only 15% of a leader's success, a substantial 85% relies on behavioral skills, or what are commonly referred to as soft skills. However, cultivating these skills is only part of the equation; developing the right mindsets is crucial for sustained growth, positive transformation and optimal results.

The iLEAD Happiness-centric Leadership & Human Resource Management Program, rooted in the principles of Meta Mind Alignment, emphasizes the importance of developing mind sets and skill sets for Happiness-centric Leadership. It features 10 Meta-Skill workshops, each being focused on learning one behavioral skill-set (and related mindsets). One behavioral skill set along with it's related mindsets is what we call a Meta-Skill. 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. This synergistic approach ensures that participants are equipped to overcome challenges more effectively while moving even faster towards their goals, with self-sustained positive energy being the fuel for their success.

Over a comprehensive 10 sessions period, this program offers participants a deep dive into all fundamental aspects of behavioral sciences to develop complete personal and professional excellence and leadership capabilities. Participants can choose to learn specific meta skills as need-based, stand-alone workshops or they can choose to engage in the entire suite of 10 workshops for a holistic development experience. For transformative change, we advocate mastering all 10 Meta-Skills, making happiness and leadership integral elements of individual leadership growth and organizational culture. Completing all workshops earns participants an International Certification in Happiness-centric Leadership & Human Resources Management.

"LEAD YOURSELF & OTHERS WITH HAPPINESS TO YOUR NEXT-LEVEL OF SUCCESS."
- AVINASH ANANDA

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BENEFITS

FOR AN INDIVIDUAL

The iLEAD Program is meticulously crafted to enrich participants with essential skillsets and mindsets required to prepare them for their next level of success as a leader. As individuals progress from being team members to team leaders, and from team leaders to next-level leaders, the competencies required also evolve significantly. This program not only recognizes these shifts but actively prepares participants to meet and master them through intensive training.

Central to this is the concept of self-empowerment, particularly in the realms of human resources management and development, ensuring that each participant is equipped to thrive at every new stage of their leadership growth journey. The end result is an individual equipped and empowered to navigate through all challenges with both the sustained positive energy and the competencies to achieve optimally and consistently in their personal and professional spheres of life.

Deep Self-Understanding:
- Master insights into your psychological make-up and its impact on your leadership style.

Strategic Decision Making:
- Enhance your ability to set clear objectives and develop effective yet adaptive strategies.

Personal and Team Development:
- Improve techniques to motivate and develop yourself and your team.

Emotional Intelligence:
- Increase awareness of yours & others' emotions and how they influence your leadership.

Communication Mastery:
- Strengthen your ability to communicate effectively in various scenarios.

Conflict Management:
- Lead effectively through changes, challenges, conflicts and crises, with calmness & confidence.

FOR AN ORGANIZATION

In the landscape of modern business, the positive energy of sustained self-driven happiness within an organization is not just beneficial; it's a strategic asset and a competitive advantage. Happiness becomes embedded in the culture of an organisation when every employee, from the CEO to the office staff, sees themselves as self-leaders, wholly engaged in the processes of learning, motivation, and excellence. The best place to begin is to develop Happiness-centric Leaders at every level.

Positivity increases Productivity. Competencies enhance Performance. This twin transformative approach of the ILEAD Program does more than foster individual growth and wellness; it significantly reduces attrition, enhances the synchronicity between personal achievements and business goals and simultaneously cultivates self-driven employee engagement and the enhancement of excellence. By emphasizing the retention of learning and practical application of the Meta-Skills, there are measurable growth outcomes for the organization.

Happiness-Centric Leadership:
- Establish a leadership style that promotes happiness as a way to foster respect, authenticity, learning, excellence , ethical behavior & positivity as a culture.

Leadership Pipeline Enhancement:
- Prepare employees for higher leadership roles, ensuring a robust leadership pipeline.

Team Performance Enhancement:
- Boost team performance through effective leadership and people management.

Sustained Organizational Growth:
- Align individual and organizational goals for continued growth and success.

Employee Engagement and Retention:
- Enhance employee engagement and reduce turnover through strategic leadership.

Competitive Advantage in the Market:
- Leverage enhanced leadership skills to gain a competitive edge in the industry.

On successful completion of all 10 sessions of the iLEAD program, you are awarded an International Certification in Happiness-centric Leadership & H.R.M. which adds to your credentials, profile & brand as a testimonial to your commitment to continuous self-development as a leader & your readiness for next-level leadership roles.

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PARTICIPANT PROFILE

Do you want to ...

Upskill to be future-ready ?

Handle next-level challenges with ease?

Grow and contribute at higher levels than before?

Be happy and spread happiness while you make an impact as a leader?

Enhance your influence and impact?

If your answer is 'YES!' , then this is the program for YOU !!!

FROM AN INDIVIDUAL PERSPECTIVE

This program is designed for all individuals at various stages of their professional and educational journey who aspire to enhance their leadership skills and integrate happiness into their leadership style.

"Leadership is a decision not a position"

Wide-Ranging Inclusivity

This program is suitable for individuals from all walks of life who want to optimize their potential as leaders and learn how to be a better leader:

- Entrepreneurs, business owners, and startup founders
- Trainers, Coaches, and Psychologists
- Educationists and Change Catalysts
- Students and Recent Graduates
- High-Impact Professionals from various fields
- Emerging Leaders including free-lancers
- Parents
- Social Impact Leaders

FROM AN ORGANIZATIONAL PERSPECTIVE

This program is designed for growth-oriented individuals in an organization, ready to commit to a path of personal & professional development, fostering a culture of happiness and effective leadership within their organizations & spheres of influence.

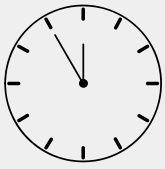
"Develop Leaders at all levels of an organization."

Cultural Transformation

Ideally, for holistic cultural transformation, we recommend that all employees at all levels (from CEO's to entry-level staff) should experience this powerful learning immersion. It is suitable for:

- Senior and Top Management Leaders, including CXO's & VP's
- Middle Managers, Department Heads & Team Leaders
- Non-Managerial Employees, including individual contributors

DURATION



- This is a 10-months intensive virtual LIVE interactive program and includes 10 pre-scheduled sessions of 4 hours duration per session (one session per month).
- It includes learning assessments, and action-learning in between sessions in the form of assignments and project work.
- The focus is on one Meta-Skill per session.
- These 10 sessions could also be conducted as an in-house program as a 5-days experiential in-person retreat (2 sessions per day)

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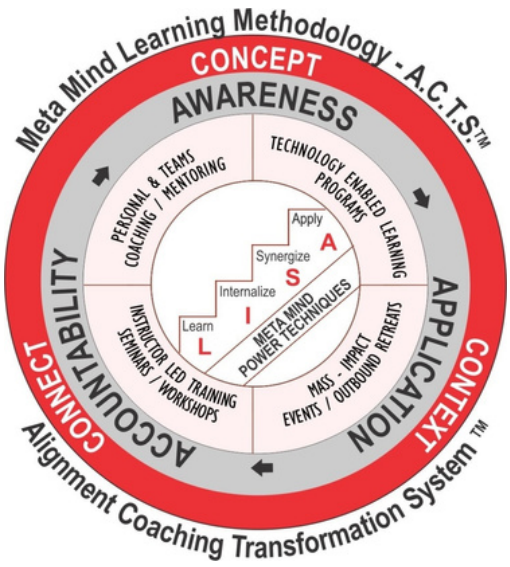
LEARNING METHODOLOGY

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

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

DELIVERY MODES

FOR INDIVIDUALS

Online, Yet Taught LIVE:

We're offering the best of both worlds! While you'll be enjoying the flexibility and comfort of online access, each session will be taught 'live' by Avinash Ananda himself, ensuring real-time interaction and engagement.

The ILEAD 10 months (1 pre-scheduled virtual session = 1 Meta-Skill per month) program gives you the opportunity to dive deep into strategies, seek clarifications, share insights, interact with other participants and get feedback.

Customized to your Learning Style:
If you can't join us live on the pre-scheduled calls, the replays are always available along with an overview of each module designed for busy professionals who want to get into action right away!

Assignments will be given to you in the form of mini-projects & action learning in between sessions. In addition course notes as pdfs and additional micro-learning resources will help you reinforce, clarify , internalize and practice your learnings from the sessions.

Flexibility:
For complete learning and earning of the International Happiness-centric Leadership & H.R.M. Certification, we recommend that you choose to successfully complete the entire 10 sessions program. However, each Meta-Skill module is also available as a stand-alone 4 hours session. You could then even enroll yourself into one or more Meta-Skills of your choice for targeted learning.

FOR ORGANIZATIONS

Online LIVE Program:

Organizations can nominate selected individual employees from any level to the 10 sessions virtual pre-scheduled (1 session = 1 Meta-Skill per month) 'live' program so that they can be prepared for and drive next-level leadership growth within the company.

In-house Customized Program:
This 10 sessions program could also be conducted as a 5-days (2 sessions = 2 Meta-Skills per day) in-person, in-house, intensive & experiential retreat. All participants chosen for a batch should be from a homogenous group in terms of seniority and/or function.

The workshop can be customized to ensure that each batch receives training tailored to their specific needs and roles, aligned with the desired organizational culture, current challenges, seniority level & business goals.

Flexibility:
For holistic development, we recommend the entire 10 sessions program be attended by nominated participants. However, each Meta-Skill module is also available in a stand-alone 4 hours workshop format. Organizations can select one or more specific Meta-Skill session that aligns with the immediate development needs of the selected team (if organized in-house) or individual (if nominated in the virtual mode).

Please note: The International Happiness-centric Leadership & H.R.M. Certification is only earned on successful completion of all 10 sessions.

META MIND COMPETENCIES FRAMEWORK™

BASED ON THE META MIND ALIGNMENT, THE NEW SCIENCE OF LEADERSHIP & HAPPINESS

HAPPINESS-CENTRIC LEADERSHIP

FOR ENHANCED POSITIVITY & PRODUCTIVITY FOR INDIVIDUALS & ORGANIZATIONS

The Leadership & Happiness Competencies Framework is an effective tool to define, monitor and measure learning objectives. It forms the basis for this program. The elements in the Framework (individually or in a need-based combination) are also offered as customized training workshops.

KNOWLEDGE

Playful Purposefulness	Mindful Celebration	Practical Positivity
Expressed Compassion	Effective Efficiency	Awakened Simplification
Dynamic Adaptiveness	Committed Excellence	Psycho physiological Acceptance

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)

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

INNER WORLD PROGRAMS

- META MIND BALANCE & EMOTION MANAGEMENT
  Take charge of your emotions
- META MIND FLEXIBILITY & CREATIVITY
  Think out of the box
- META MIND REFECTION & STRATEGY
  Plan for results
- META MIND GRATITUDE & STRESS MANAGEMENT
  Relax & enjoy
- META MIND DISCIPLINE & LEARNABILITY
  Learn, unlearn & relearn

OUTER WORLD 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

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INNER WORLD

PROGRAMS

INNER WORLD

PROGRAMS

META MIND BALANCE & EMOTION MANAGEMENT
Take charge of your emotions

META MIND FLEXIBILITY & CREATIVITY
Think out of the box

META MIND REFECTION & STRATEGY
Plan for results

META MIND GRATITUDE & STRESS MANAGEMENT
Relax & enjoy

META MIND DISCIPLINE & LEARNABILITY
Learn, unlearn & relearn

Happiness-centric...

META MIND BALANCE & EMOTION MANAGEMENT

TAKE CHARGE OF YOUR EMOTIONS

"Feelings cannot be changed by resisting, ignoring or suppressing them... they have to be managed."
-Avinash Ananda

WHY

this program

In today's fast-paced world, emotions often dictate the rhythm of our lives, affecting everything from personal well-being to professional success. Derived from the Latin root 'emovere', meaning 'to disturb', the word 'emotion' or 'e - motion' could also mean 'energy in motion' — emotions can either propel us forward with positive momentum or disturb us.

Emotional Intelligence (EI) is a key driver of success in all spheres of life. Learning how to enhance your EI by becoming more aware of and regulating your own emotional state at will is the focus of the program. Embrace the mindset of balance and control, and learn to turn emotional disturbances into empowering energies that drive success in all areas of life.

This program delves deep into the process of cultivating an awareness, balance and regulation of your emotional landscape and equips you to navigate emotionally challenging situations with rationality and effectiveness.

YOU

will learn

- To achieve and maintain a positive mental attitude
- To move from being reactive to being proactive
- To manage personal conflicting needs more effectively
- To emerge a stronger, more focused and balanced individual
- To change disempowering beliefs into empowering ones
- To stop self-sabotage and take effective action
- How to enhance your self esteem
- Meta Mind tools and techniques for Emotion Management
- How to harness the power of the sub-conscious mind
- The Laws of Sub-Conscious Activity
- How to be stronger than your feelings
- How to alter your emotional state in the moment

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Happiness-centric...

META MIND FLEXIBILITY & CREATIVITY

THINK OUT OF THE BOX

"Adaptiveness has its roots in creativity."
-Avinash Ananda

WHY

this program

The purpose of this program is to give the you the necessary insights, skills, and techniques that will enable you to be more creative and innovative and thus be more effective in their personal and professional lives. By fostering a mindset of flexibility, this program prepares you to thrive in dynamic environments and to adapt easily to change.

This program helps you achieve higher levels of adaptiveness and to generate & implement creative ideas for real-world challenges. It helps integrate your left (analytical) and right (creative) brain, and thus 'train your brain' for success in rapidly changing environments.

In this program, you will learn new mindsets and skill sets to help you find alternative solutions and dramatically increase the number of new and practical ideas you are able to come up with. You will also learn to leverage the fundamentals of Meta Mind Creativity and practice the hands-on application of proven creative thinking tools to make 'out-of-the-box' thinking, a consistent, deliberate and purposeful habit.

YOU

will learn

- To understand the importance and process of creativity and innovation
- To understand and overcome the barriers to creativity
- Meta Mind Creativity Model™
- How to express your ideas naturally and easily
- How to use a variety of productive idea generating Meta Mind tools and techniques
- To flexibly move from problems and questions, to possibilities and answers
- To come up with simple solutions to complex problems
- How to use ideas to generate more ideas
- Enhance your ability to flexibly navigate through and beyond creative obstacles.
- How to constructively challenge current thinking patterns
- To align design and structure for practical application of creativity
- Aligning creativity with costs and deadlines

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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

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Happiness-centric...

META MIND GRATITUDE & STRESS MANAGEMENT

RELAX & ENJOY

"Stress cannot harm us if we know how to manage it well."
-Avinash Ananda

WHY

this program

Our world is in a constant state of flux due to continuing progress in technologies, rapid urbanization, increasing globalization, changing work ethics, global calamities and a Niagara of information. Research suggests that most individuals find the behavioral adjustment to changes and challenges very stressful, and that stress is related to heart disease, ulcers, high blood pressure, blood sugar imbalances, weakening of the immune system, impaired thinking and psychological illnesses. Furthermore, stress at work contributes to absenteeism, low level performance, decline in problem solving ability, number of accidents, and addiction cases. Sustained high levels of cortisol (the stress hormone) also directly and adversely affects performance in all areas of life.

This training program offers insights, techniques that enables you to be more effective at both personal and professional levels by helping you to manage stress effectively. It also aims at teaching you how to be more 'mindful' and how to improve the quality of your life with the mindset of gratitude, by focusing and living optimally in the 'now', the Meta Mind Way.

YOU

will learn

- The concept of stress
- Harmful effects of stress
- How to detect the common causes of stress
- How to assess your personal stress levels
- How to train your brain to deal effectively with stress
- How to recognize the symptoms of stress in yourself and others
- Meta Mind Stress Management Model™
- How to deal with pressure and stress effectively, integrating gratitude as a coping strategy
- To understand the importance of your energy boosters
- How to make changes in your behavior to better cope with stress
- The practice of mindfulness and living fully in the 'now', using gratitude to enrich the present moment.
- The role of self-hypnosis and positive self-talk in stress management
- Meta Mind Meditation™: the gentle art of relaxation
- Viewing stress as a source of energy by transforming anxiety into positive, motivational feelings through gratitude.

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Happiness-centric...

META MIND DISCIPLINE & LEARNABILITY

LEARN, UNLEARN & RELEARN

"The universe is a university.
You can learn from anything and everything"
-Avinash Ananda

WHY

this program

The Meta Mind Discipline & Learnability program is meticulously crafted to enhance your ability to cultivate a growth mindset and learn effectively and optimally with discipline. At its core, the program acknowledges the critical role of belief in one's ability to evolve and the impact of disciplined, consistent action in unlocking this potential. It integrates cutting-edge findings from neuroscience, demonstrating the brain's capacity for plasticity and its ability to adapt and grow through focused and consistent effort.

Participants will explore how a disciplined approach not only facilitates the acquisition of new skills but also solidifies them into lifelong habits. This program will help to develop and inculcate learnability and discipline as an embedded habit, thereby enabling the participants to look forward to challenges and persist through failures while being on the path of continuous growth and learning in all aspects of life.

YOU

will learn

- Understand the key differences between a growth mindset and a fixed mindset.
- Explore how the brain learns and adapts, enhancing this process with disciplined practice.
- Learn strategies to deeply embed a growth mindset and learnability as habitual behaviors.
- Acquire key learning skills that are amplified by a disciplined approach.
- Understand how language influences learnability, and how to use it effectively.
- Engage in challenging work and learn to celebrate mistakes as opportunities for learning.
- Develop discipline and consistence to overcome obstacles for continuous learning.
- Create and maintain a disciplined action plan for continuous improvement and peak performance.

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OUTER WORLD PROGRAMS

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- 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

Happiness-centric...

META MIND CONFIDENCE & COMMUNICATION

COMMUNICATE CLEARLY & CONFIDENTLY

"The quality of your communication, determines the quality of your life."
-Avinash Ananda

WHY

this program

The Meta Mind Confidence & Communication program is designed to fundamentally enhance your communication skills through the powerful lens of confidence. Communication serves as the foundation of all meaningful relationships, whether personal or professional, and this program emphasizes that the quality of your communication is directly influenced by the confidence. This program not only aims to improve how you communicate but also strengthens your confidence, ensuring that your interactions consistently yield positive and impactful results.

The program highlights the importance of effective communication in reducing stress, resolving conflicts, fostering teamwork, and achieving successful outcomes across various aspects of life. Meta Mind Confidence & Communication provides a dynamic, flexible and practical way to connect and communicate with different types of people at multiple levels by developing key skill sets and related mindsets to consistently impact the quality of all interactions for positive results.

YOU

will learn

- How to improve your relationships through confident communication.
- To listen better and focus on active listening: types of listening
- Strategies to avoid misunderstandings and remove communication barriers.
- Utilization of the Meta Mind Communication Model™ to strengthen communication.
- Techniques to use your voice effectively, including pitch, volume, timbre, and tonality.
- To observe and interpret body language: gestures, postures, eye contact and proxemics
- Methods to establish & maintain rapport to encourage open communication and enhance your conversation skills for more impactful interactions.
- Approaches to deal confidently & constructively with negative or unresponsive people.
- Understanding of how perception influences communication.
- Knowledge of different levels of communication: verbal, non-verbal, symbolic, and semantics.
- Skills to give and receive feedback effectively.
- Ways to ensure clarity and specificity in your communication.

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Happiness-centric...

META MIND FOCUS & GOAL SETTING

SET & ACHIEVE GOALS

"If you don't know where you are going you will never get there."
-Avinash Ananda

WHY

this program

The Meta Mind Focus & Goal Setting program is meticulously designed and harnesses the power of focus, enabling you to clearly define and achieve your desired goals. This program is about setting and achieving goals, with focus, in various aspects of life, including self-esteem, health and fitness, relationships, career, finances and more.

This highly practical and intensive training teaches you to set specific, realistic and achievable goals and organizing and structuring your life and time in order to achieve them. It will provide you with the "nuts and bolts" of goal setting in a way that is easily understood and easily executed. A key objective of this training program is also to empower you to understand and use the psychology of focus to provide and sustain the high-powered energy required to achieve these goals.

YOU

will learn

- The importance of goal-setting
- The importance of alignment of personal goals with professional goals
- Meta Mind Goal Setting Model™
- The power of aligning values, beliefs, purpose, passion and skills
- How to program your subconscious mind for success
- Guidelines for effective goal-setting: how to set SMARTEST goals
- How to set short-term, mid-term & long-term goals
- How to create an action plan for successful goal achievement
- The psychology of focus & motivation
- How to motivate yourself continuously
- Meta Mind Motivation Model™: Keys to Self-Motivation
- Meta Mind techniques for Goal Setting
- Learn how to maintain focus, a critical skill that underpins both motivation and successful goal achievement.

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Happiness-centric...

META MIND PERSISTENCE & PERSUASION

BE CONVINCING

"Everybody sells. Without persuasion, success is impossible."
-Avinash Ananda

WHY

this program

Learn the gentle art of persuasion and negotiation at both conscious and subconscious levels. Learn the way to convince people quickly, smoothly, effectively and ethically by winning them over, the Meta Mind Way.

Persistence in persuasion involves more than just tenacity; it encompasses a deep understanding of human behavior. Learning how to persist and persuade others is one of the most valuable skills to have. This training program tells you how to sell by asking the right questions, building rapport, countering resistance, negotiation, closing techniques and much more.

Meta Mind Persistence & Persuasion is an intensive practical program that goes beyond techniques to focus on scientific principles of win-win persuasive communication for long-term relationship building based on good-will generation during and after the persuasion process. This course is designed to help you gain an edge in the global marketplace by making you more persuasive, influential and impactful.

YOU

will learn

- To understand, recognize, assess and review your personal style of persuasion
- The psychology of persuasion: the key principles of influence
- To establish rapport and encourage open communication for persuasion
- To 'sell' your point of view with technique and persistence
- The role of personality in persuasion
- To be persuasive, persistent and yet ethical
- The importance of homework & preparation
- Objection handling techniques
- The art of power questioning and listening for gentle persuasion
- To observe and interpret body language from a persuasion point of view
- How to align conflicting perspectives with persistence
- The use and misuse of power in the process of persuasion
- To use the key Meta Mind techniques and processes necessary for successful persuasion
- Principled win-win negotiation

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Happiness-centric...

META MIND COURAGE & ASSERTIVENESS

MANAGE DIFFICULT CONVERSATIONS

"Assertiveness is the skill to be honest & respectful at the same time, both with yourself and with others."
-Avinash Ananda

WHY

this program

The Meta Mind Courage & Assertiveness program is crafted to empower you with the mindset of courage, enabling you to handle relationships and conflicts with confidence and assertiveness.

Have you ever found yourself in any of the following situations - When you felt you were being manipulated or exploited by your boss/relative/friend - When you felt guilty saying 'No' even to an unreasonable demand/request - When you were afraid to speak up - When you felt defensive even though you were unjustifiably criticized? If your answer to any of these questions is 'Yes', this power packed interactive training program will help you deal with such difficult situations, people, relationships and crucial conversations courageously, objectively, respectfully and rationally.

Research suggests that over 80% of our happiness comes from our ability to manage our relationships and conflicts with people in an assertive and effective manner. In this program, you will learn to express your needs and opinions clearly and confidently, without resorting to aggression or succumbing to passivity for effective relationship management.

YOU

will learn

- To remain courageous & calm when dealing with conflict and difficult situations
- To understand others' underlying concerns and work towards alignment
- To understand and analyze passive (non-assertive), aggressive and assertive behaviors
- Meta Mind tools and techniques for Conflict Management
- To develop assertive behavior for a healthier personal and professional life
- The psychology of balance of power: protecting your rights, and respecting the rights of others
- Assertive communication to deal with criticism, confrontation, low self-esteem and negativity effectively
- Effectively Say "NO" when needed, and express dissent honestly yet respectfully and positively
- To understand and avoid manipulation and power games
- To express your feelings, wants, and ideas rationally and effectively

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Happiness-centric...

META MIND EMPATHY & TEAM BONDING

WORK WELL WITH OTHERS

"Relationships should be about 'giving'.
And when everyone is giving, the 'getting' happens automatically."
-Avinash Ananda

WHY

this program

The Meta Mind Empathy & Team Bonding program is meticulously designed to enhance team dynamics and interpersonal relationships through the powerful lens of empathy. Recognizing that both happiness and the effectiveness of individuals are significantly influenced by their team interactions, this program focuses on fostering a deep understanding of the diverse needs and perspectives within a team.

The program guides you in mastering the skills necessary to lead and contribute to a team effectively. You'll discover how to motivate and organize team efforts to leverage the collective strengths and unique contributions of all members. By adopting an empathetic mindset, you will be equipped to enhance team interactions and drive outstanding performance results, ensuring that everyone works together harmoniously and more productively.

This program shows you how to get the best from a wide variety of people by effectively connecting with team members, utilizing empathy to bridge gaps and build strong, lasting bonds in order to achieve outstanding performance results.

YOU

will learn

- To identify the key values, attitudes, beliefs, qualities and skills for personal and professional excellence in teams
- Meta Mind Teams Model™
- Meta Mind tips and techniques for effective Team Bonding
- The importance of alignment of values and vision within the team
- To appreciate and celebrate individual personality differences with empathy
- To evaluate yourself as a team player based on the Framework of Meta Mind Happiness=centric Leadership Competencies
- To understand the balance and focus of tasks as a team
- To understand and assess critical factors in team tasks and how teams can effectively use group resources
- Key dysfunctions of a team
- Stages in Team Development: Forming, Storming, Norming and Performing
- To identify team strengths and development areas
- To promote motivation & cooperative team behavior with consistent expressed compassion & empathy

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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, 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.

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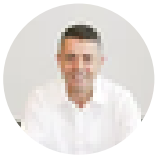
AVINASH ANANDA

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

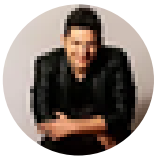
Foremost Ophthalmic Surgeon in India, Philanthropist, Chairman, Bombay City Eye Institute & Research Centre, Mumbai, India

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 break-throughs 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.