

BASED ON THE INTERNATIONALLY ACCLAIMED APPLIED BEHAVIORAL SCIENCE OF META MIND ALIGNMENT

# HOW HAPPINESS HAPPENS

## THE META MIND ALIGNMENT WORKSHOP

HUMAN ENERGY ALIGNMENT FOR 360 DEGREES HAPPINESS

ACTION - ORIENTED . FUN . EXPERIENTIAL . GAME - BASED . INTROSPECTIVE . PRACTICAL LEARNINGS

Just as individuals instinctively realize the need to be happy, organizations too are becoming increasingly aware of the need to keep employees, customers and all other stakeholders happy in order to maximize productivity and consequently profitability and growth.

Progressive organizations worldwide have realized that by nurturing happiness as a habit in every employee, as a culture in every process, and as an attribute in every leader, the twin goals of employee engagement and productivity enhancement are easier to achieve and sustain.

Meta Mind Management is a science of achieving and sustaining happiness. And of being consistently and optimally productive, as a result.

This sustained happiness is called Meta Mind or Alignment-centered Happiness, 100% Happiness or 360 degrees Happiness. In this state, one experiences happiness in all spheres of life, i.e. material, personal, professional, social, physical and spiritual.

Meta Mind Alignment propounds that the way towards Alignment - centred Happiness is by consistent alignment of the basic energies of human beings i.e. through Human Energy Alignment. In this powerful, interactive, exciting and experiential training program, Avinash shows you how to maximise and align all your energies to achieve and sustain 360 degrees happiness.

**“ Happiness is when what you want, feel, think, say, do and know are aligned.” - Avinash Ananda**

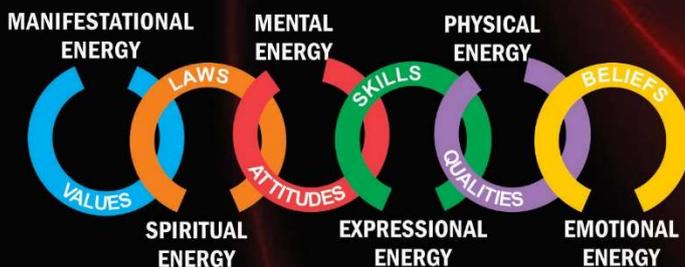


### KEY BENEFITS

The key benefits of achieving and sustaining Meta Mind/360 degrees happiness :

- ✓ Maximize your productivity
- ✓ Optimize your potential
- ✓ Enhance the quality of your life
- ✓ Experience highest levels of overall well being

### HUMAN ENERGY ALIGNMENT FOR 360 DEGREES HAPPINESS



### AVINASH ANANDA

*Leadership & Happiness Guru*

An internationally renowned master behavioral trainer, happiness strategist, success mentor, management consultant, transformational key note speaker, author and leadership guru.

Avinash has personally mentored over 1000 transformational leaders and 700,000 people in 30 countries, from over 300 organisations across 15 industries in over 30 years in all aspects of behavioral SCIENCES TRAINING.

