

The Art and Science of

Mindfulness at Work

Executive Certification Journey

Launch Price: Rs. 2,999 | Format: 3 Days · 4 Hours/Day · Immersive & Action-Rich

The 'Why Now?' Context

Global Context: AI is handling the routine; humans must handle the complex. Complexity requires a regulated nervous system.

The Relevance: High stress leads to binary thinking (Win/Loss). Mindfulness enables complex thinking: Innovation and Collaboration.

The ROI: Organizations with mindful leadership see 20% higher profitability and 30% lower turnover.

Dual-Benefit Framework

For The Learner — The Sovereign Professional

BIOLOGICAL RESILIENCE	Lower cortisol levels and improved sleep quality.
COGNITIVE SHARPNESS	The ability to find 'Flow' despite digital notifications.
INTERPERSONAL EASE	Navigating politics and conflict without losing personal peace.
CAREER LONGEVITY	Preventing burnout and sustaining high output.

For The Company — The Mindful Organization

OPERATIONAL EFFICIENCY	Drastic reduction in 'Attention Residue'—wasted time between tasks.
CULTURAL HEALTH	A move from 'Quiet Quitting' to 'Active Presence.'
TALENT RETENTION	Mental health tools reduce medical leave and attrition.
LEADERSHIP DEPTH	Leaders who lead with dignity, increasing trust and agility.

3-Day Breakdown

01

The Science of Self-Leadership

Focus: Neural Hacking & Stress Mapping

Activity: The Stress Trigger Audit — Identify the exact moments your productivity drops.

Practice: Guided Body Scan for Corporate Tension.

Outcome: Mastery of 'The Pause' (the space between stimulus and reaction).

02

The Art of Mindful Working

Focus: 11 Operational Techniques

Activity: The Flow State Workshop — 4 hours of output in 2 hours.

Practice: Mindful Communication Roleplay — Delivering hard news without defensiveness.

Outcome: A personalized 'Mindful Workflow' schedule.

03

Connection & Conflict

Focus: Dignity & Cultural Impact

Activity: The Conflict Mediator — Group simulation using the RAIN framework.

Practice: The Dignity Canvas — Auditing how your team interacts.

Outcome: Certification + a 30-day 'Corporate Zen' roadmap.

What's Included in the Rs. 2,999 Package

12 Hours Live Training

High-impact immersive instruction across 3 days.

6 Guided Meditations (MP3)

For Focus, Sleep, and High-Stress Moments.

11 Mindful Working Techniques PDF

Plus the RAIN Conflict Worksheet.

LinkedIn Digital Certificate

A verifiable credential for your professional profile.