

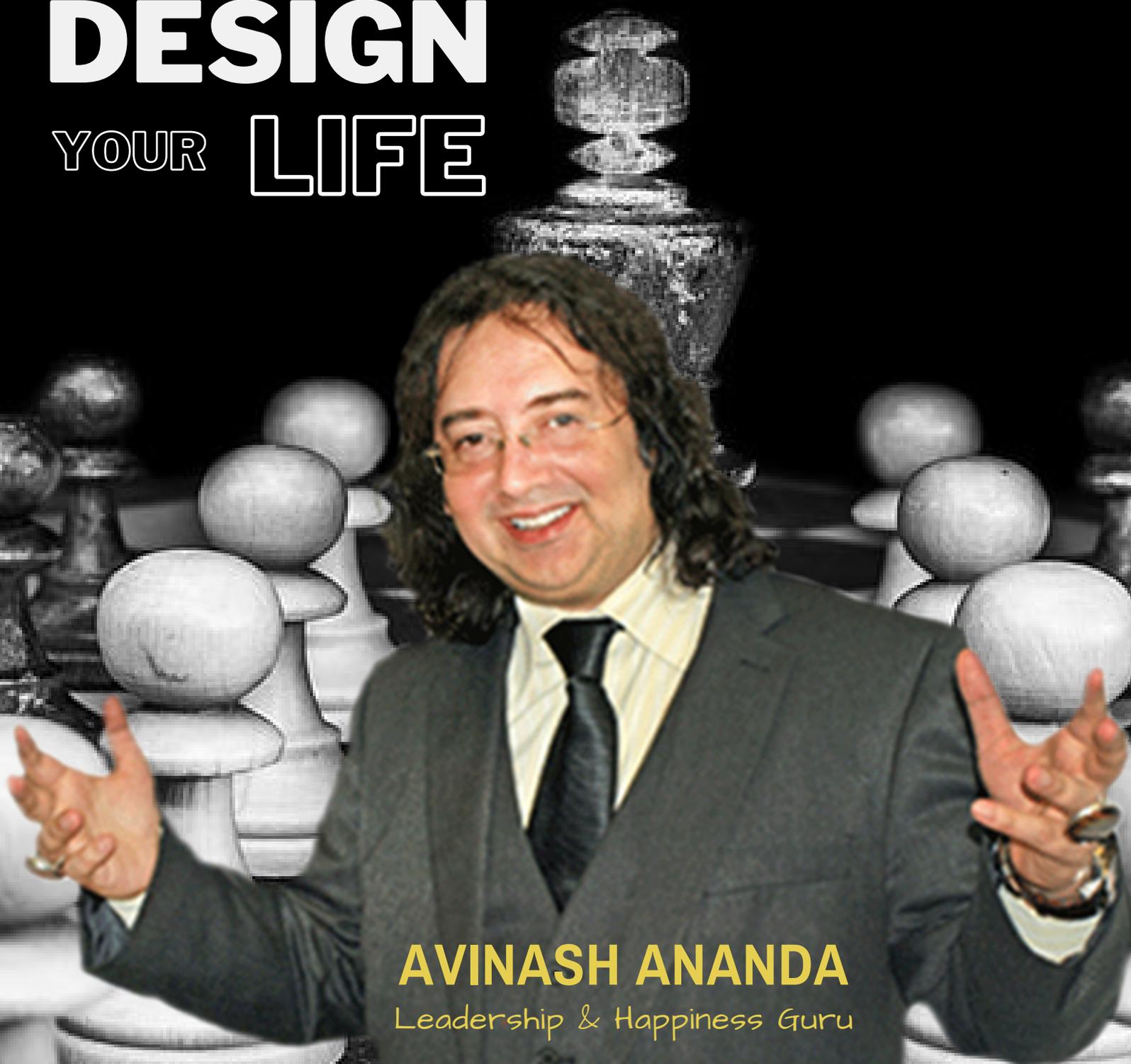


# META MIND MASTERY

**META MIND ALIGNMENT COACHING**

One-on-One Conversations for Behavioral Transformation

# DESIGN YOUR LIFE



**AVINASH ANANDA**

*Leadership & Happiness Guru*

*Lead yourself & others to 360 degrees happiness*

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# META MIND MASTERY

One-on-One Conversations for Behavioral Transformation

"Meta Mind Mastery is the art of being a master of your inner world and outer world and harmonizing both according to reality based principles to live a deeper, more meaningful, complete and fulfilling life. It is the moment-to-moment awareness, acceptance and alignment of the only six things that you have control over: your desires, your feelings, your thoughts, your words, your actions and your awareness. Your attention, intentions, interpretations, decisions and responses to your life experiences determine the quality of your life... Meta Mind Mastery is a way to design your life, on your terms, so that you habitually experience Meta Mind, i.e. Alignment-centered Happiness."

- Avinash Ananda, Leadership & Happiness Guru

Meta Mind Alignment Coaching & Mentoring Programs are 'live', personal one-on-one, customized, need-based, focused and results-oriented transformational sessions with Meta Mind Master Coach Avinash Ananda.

Sometimes it takes a deep changing of beliefs over a period of time to effect a real change, and sometimes it doesn't take much to change. It just takes a little shift in insight, attitude or specialized knowledge which results in the taking of a decision and making of a commitment to get lasting results and create the desired transformation. In an informal conversational format, your Meta Mind Master Coach will listen to you, gently challenge you and support you in attaining the results you desire in your life, in the specific areas that are clearly defined, focused upon and worked on together.

Based on Meta Mind Alignment, the new science of leadership and happiness, the Meta Mind Alignment Coaching sessions draw from extensive research in maximizing human potential and optimizing holistic happiness. It is a powerful, intensive, reflective and interactive process designed to facilitate measurable and lasting transformational results to overcome behavioral challenges and impact growth.



Master Meta Mind Coach  
**AVINASH ANANDA,**  
Leadership & happiness Guru

## PURPOSE OF THIS PROGRAM

Human beings have created the most technologically advanced and complex machines ever and usually with each machine comes an instruction manual (and/or some type of training) for those who are to use it. However the most complex system ever, the human mind, does not come with any kind of instructional manual or training. The Meta Mind Mastery Program aims to bridge this gap.

The purpose of this program is to be able to create timely, need-based, sustainable, and positive mental, behavioral and structural changes for growth for you to be able to take charge of every aspect of your own personal and professional life ( physical, mental, emotional, financial and relationships) and experience happiness as a habit. Life is dynamic and unique to each person living it. Similarly each individual's learning needs are dynamic and unique. They differ depending on the individual's goals/ life situation at the moment and his/her current competence and resources to effectively respond to/ achieve it. Just as working out at a gym with a personal trainer conditions your body for health and fitness, so also this Meta Mind Mastery program ensures the ongoing conditioning of your mind for designing your life (programming your inner world and structuring your outer world) to live life with more depth, fulfillment and happiness, on your own terms, even as they evolve. And just as your gym physical trainer would customize your fitness program depending your current fitness level and goals.

The Meta Mind Mastery program is a comprehensive, committed, concentrated and customized personal coaching program that will hand-hold you through greater levels of personal and professional growth starting from an assessment of your current awareness levels/ current needs, goals and challenges, going on to seamlessly, specifically, and relatively painlessly catalyze transformation where ever required. The foundation of the Meta Mind Mastery Program is based on having a clear personal vision and developing self- awareness. Both are centrally concerned with the link between our thinking (mental models), feelings and the way these influence every behavior, decision and choice we make. Both emphasize self-control - taking responsibility for our own feelings, thoughts and responses – which includes mastering our negative emotions and limiting beliefs and controlling moods and impulses. This also means having a more positive outlook towards our self, others and life, as well as towards our past, present and future. Both involve being more resilient and focused. And finally, both involve empathy - being able to read and respond resonantly to the emotions of others and manage relationships in a better healthier manner.

Reinforcement of positive mindsets, alteration or replacement of ineffective mental models, and a sub-conscious programming/conscious learning of new values, attitudes, beliefs, skills, qualities and insights are all part of this intensive intricate process. . As a result, you will experience new possibilities for achieving greater results, finding more meaning and purpose, enjoying life more and thus living a more fulfilled life.

## BENEFITS OF THIS PROGRAM

- Have a deeper insight into yourself and current patterns of your mental models and behaviors in different situations and learn how to change them at will to suit new or changing environments.
- Become aware of the mindsets and skill sets for complete personal and professional Alignment - centered Happiness, as revealed in the Meta Mind Alignment Leadership Competencies Framework and use it as a Self-Assessment Tool to identify those you may choose to work on for lasting positive change.
- Be able to reduce the effects of dissonant emotions and disruptive thought patterns and deal more effectively with thoughts and feelings both yours and others'.
- Know how to apply practical mood management and emotion management techniques to feel better, build better relationships and boost work performance.
- Understand life better by expanding your perceptual capabilities and make better decisions.
- Be able to cultivate a more emotionally resonant behavioral style.
- Have a more positive outlook towards yourself, others and life situations.
- Learn to respond positively and appropriately to challenging situations both at home and at work.
- Feel better about yourself in the present, understand and accept your past, and have a greater clarity and confidence about your action plan for the future.

## PROGRAMS OFFERED

### SELF MASTERY SESSION

This is a stand-alone one to two-hour coaching session as a specific need-based conversation. Self Mastery sessions are ideal when there is a specific behavioral change required or challenge that needs to be addressed. The number of Self Mastery sessions needed for your specific challenge or change can be assessed by your Meta Mind Master Coach after your first session.

### META MIND MASTERY MENTORING PROGRAM

This is a package program where each mentoring cycle consists of 3 Self Mastery sessions of 2 hours each. The gap between any two sessions ideally should not exceed one month. A Meta Mind Mastery program is ideal when the challenge being faced requires a longer duration to solve or the behavioral change needs a longer duration to be in effect. It is also ideal for growth oriented individuals, who want regular feedback, support and mentorship during the journey of achievement of their personal and professional. One year of mentoring would consist of 4 Meta Mind Mastery cycles, if they do one session per month. Practical and relevant Assignments are given in between sessions and Measurement and Assessment of results is an integral part of each mentoring cycle.

**'Having undergone Avinash Ananda's leadership training, I strongly recommend him for creating 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.'**

**-Dr. Kulin Kothari, Foremost Ophthalmic Surgeon in India, Philanthropist, Chairman, Bombay City Eye Institute & Research Centre, Mumbai, India**

AN OPPORTUNITY OF A LIFETIME, TO INVEST IN YOURSELF, WITH THE MENTORSHIP OF AVINASH ANANDA, LEADERSHIP & HAPPINESS GURU, "LIVE" AND "ONE-ON-ONE", FOR YOU TO

- GET DIRECT FEEDBACK ON YOUR AREAS OF GROWTH
- GET GREATER CLARITY
- ENHANCE YOUR COMPETENCE
- ACHIEVE DESIRED CHANGE
- GET INSIGHTS INTO LIFE, HAPPINESS, SUCCESS, LEADERSHIP, BUSINESS, RELATIONSHIPS, SELLING AND ANY OTHER TOPIC RELATED TO ENRICHING YOUR LIFE
- IDENTIFY AND ENABLE SPECIFIC MINDSET SHIFTS NEEDED TO IMPACT DESIRED CHANGE
- IDENTIFY AND DEVELOP THE REQUIRED BEHAVIORAL SKILLS AND TECHNIQUES USEFUL FOR ACHIEVING NEXT-LEVEL GROWTH
- GET INSIGHTS TO HELP SOLVE YOUR CHALLENGES WHETHER EMOTIONAL, SOCIAL, FINANCIAL, PROFESSIONAL OR SPIRITUAL

## DURATION

1. 3 hours for a single session (Self Mastery)
  2. One set/cycle of three sessions of 3 hours each (Meta Mind Mastery).
- VENUE/ DATES/ TIMINGS: As mutually decided

## PARTICIPANT PROFILE

Any individual who has a current challenge in life, has a goal, or is looking for growth, and is open to different ways to see things, can benefit from a Meta Mind Alignment Coaching conversation. They must have an underlying belief that for things to change, they must change something themselves, and be open to a guided process to facilitate the same. This could include being open to Learning new techniques or skills, Gaining new knowledge or perspectives, and Shifting old beliefs and attitudes.

**Individuals** who would benefit most from these sessions include leaders, celebrities, business owners, educationists, trainers and any person with specific aspirations and/ or challenges.

In **organizations**, these interventions are ideal for top management executives, middle-management executives being groomed for senior positions, managers as coaches, and members of teams/ departments facing challenging situations, whether personal or professional. At a corporate level, Alignment Coaching can also be embedded as a Mentoring System at every level of the organization where managers can be coached to be mentors for their teams, and the process can be monitored in a guided format designed to be aligned with the organization's culture, vision and learning & development needs.





FACULTY PROFILE

# AVINASH ANANDA

LEADERSHIP & HAPPINESS GURU

Avinash Ananda is an internationally renowned leadership advisor, happiness strategist, motivational keynote speaker, master behavioral trainer, business coach, management consultant, conflict resolution expert, crises counselor, author, executive mentor, alignment alchemist and culture catalyst.

Hailed by the media and professionals as 'Leadership and Happiness Guru', Avinash has been honored at the House of Lords, U.K., as "THE WORLD'S #1 LEADERSHIP & HAPPINESS COACH" and is also a recipient of the "WORLD'S LEADING BEHAVIORAL EXPERT & MOTIVATIONAL SPEAKER" award by White Page International. He is also acknowledged as one of the "51 MOST FABULOUS GLOBAL HAPPINESS LEADERS" by the World HRD Congress and ranked as one of the "100 INSPIRATIONAL LEADERS OF INDIA".

Avinash has coached corporate executives at all levels of management from over 300 companies, across 15 industries, including global brands such as Microsoft, Google, Marriott, LG, Cognizant, Reliance, Tata, Capgemini, Byju's and Amazon.

He has personally mentored over 1000 leaders and trainers and has also trained over 700,000 people from all walks of life, through 'live' face-to-face interactive workshops, across 30 countries in Europe, Asia, Middle East and USA for over 30 years on all aspects of leadership and happiness.

Avinash Ananda is the Founder Director of Global Academy of Meta Mind Alignment (GAMMA), a behavioral training organization that is dedicated to the research and teaching of the relationship between happiness, leadership, human potential optimization and productivity. He is the co-creator of Meta Mind Alignment, also called the new science of leadership and happiness, which provides a proven framework and system for lasting behavioral change in individuals and groups. He has a team of 40 motivational and behavioral trainers and coaches who are specialists in one or more of 14 core Meta Mind Leadership and Happiness skills, and related mindsets.

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.

Avinash has done his graduate studies in Industrial Relations and post graduate studies in Organizational Behavior. He was mentored by Late Prof. Rooshikumar Pandya, a pioneer of the Human Resource Development movement in India, for 30 years. His early education also involved being trained/certified by many leading experts/institutions including IIM Ahmedabad (Management), Richard Bandler (Neuro Linguistic Programming), Edward de Bono (Lateral Thinking), Al Ries (Marketing and Positioning), Dale Carnegie Inc (Public Speaking), Stephen Covey (Execution Excellence), Jack Canfield (Success Principles), Anthony Robbins (Peak Performance), John Maxwell (Leadership), Harada Sekkai Roshi (Zen meditation), Anant Pai (Cartooning), Sensei Parvez Mistry (Karate) and (with the blessings of) Smt. Annapoorna Devi (Hindustani Classical Music – Vocal).



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