

Avinash Ananda  
Meta Mind International



# MASTER YOUR MIND

*Maximize Your Positivity &  
Optimize your Productivity*

*with*

THE WORLD'S #1  
LEADERSHIP & HAPPINESS COACH

*Avinash Ananda*

## MASTER YOUR MIND L1 & L2

**MYM L1 - DAY 1**

**HAPPINESS**

**BEFORE SUCCESS**

*Maximize Your Positivity*

**MYM L2 - DAY 2**

**SUCCESS**

**WITH HAPPINESS**

*Optimize Your Productivity*

**LEAD YOURSELF  
WITH HAPPINESS  
TO SUCCESS**

**A 2-Days Event**

STRATEGIC PARTNERS



# LEVEL 1: MASTER YOUR MIND HAPPINESS BEFORE SUCCESS

MAXIMIZE YOUR POSITIVITY

## Master the Meta Mind 4 Keys

Unlock the treasure chest  
of your mind for sustained  
happiness



### ABOUT THE PROGRAM

The 'Happiness before Success' Workshop, is the Level 1 of the 2-days Master Your Mind power-packed program on Maximizing Positivity & Optimizing Productivity.

Offered on Day 1, this workshop focuses on Positivity Enhancement for individuals from all walks of life and teams at all levels of an organisation.

To navigate through the changes and overcome the challenges of both personal & professional life, this workshop helps you to learn and apply the Meta Mind 4 Keys for enhanced and sustained positivity. Research suggests that a mind optimized for positivity results in enhanced creativity, problem-solving ability, decision making, team work, wellness and productivity.

Self motivation and empowerment are the twin goals of this workshop.

**Learn the science-backed principles, strategies & techniques to hack your mind for enhanced positivity.**

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



### BENEFITS

- *Would you like to remove whatever is blocking you from being your best & happy self?*
- *Are your negative thoughts and feelings troubling you?*
- *Are you feeling stuck in any area of your life, personally or professionally?*
- *Do you want to learn how to control your mind and generate positive energy, at will?*

- Transform your mindset from Negative to Positive
- Identify and Break-through your limiting beliefs and mental blocks
- Learn practical and sure-shot ways to Be Happy Now!
- Be the 'Go-To' role model for positivity! Be an Ambassador of Happiness
- Understand the nature of your mind and take charge of your thoughts & emotions
- Learn how to activate your Meta Mind,- your "new" Leader Mind, to re-program your subconscious and conscious with positivity
- Change your Self-Talk and stop your negative mindless chatter
- Have a positive, clear, calm, focused, aware, enthusiastic, confident & empowered mind
- Make Happiness a Habit

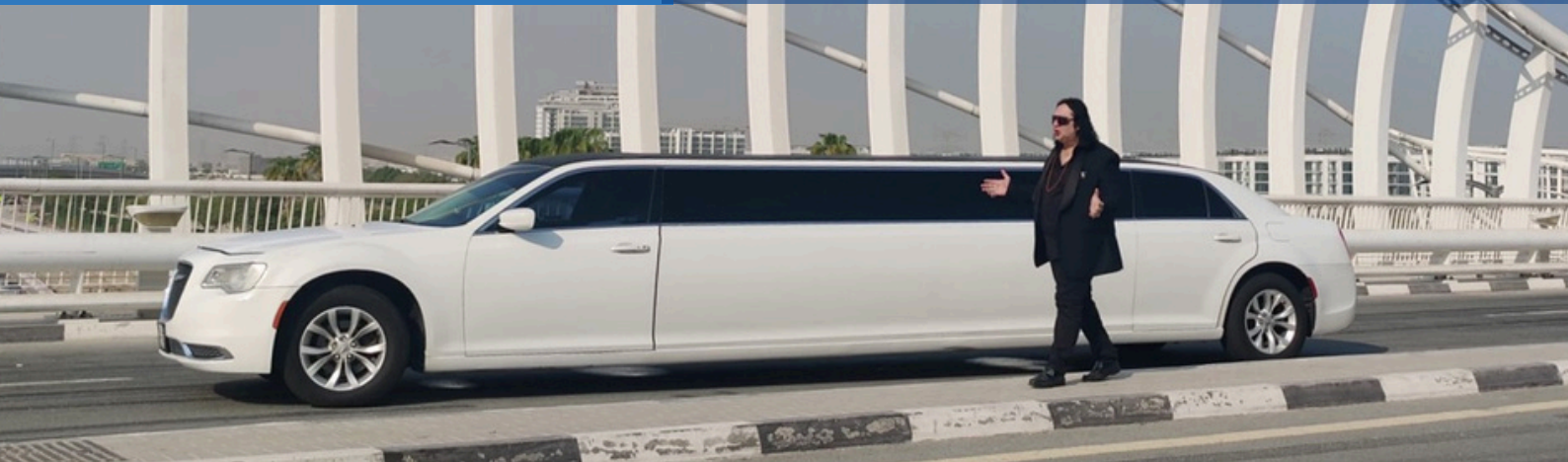


## LEVEL 2 : MASTER YOUR MIND SUCCESS WITH HAPPINESS

OPTIMIZE YOUR PRODUCTIVITY

# Master the 6-P Framework

Use this as your vehicle for  
Success with Happiness  
in every area of your life!



## ABOUT THE PROGRAM

The 'Success with Happiness' workshop, is the Level 2 of the 2-days Master Your Mind power-packed program on Maximizing Positivity & Optimizing Productivity.

Offered on Day 2, this workshop focuses on Productivity Enhancement by aligning, channelizing and utilizing the positive energy gained from Day 1.

A key objective of this workshop is to help you learn how to apply a powerful Meta Mind 6-P Framework to set & achieve your goals with sustained focus, calmness, confidence, enthusiasm, speed, agility, discipline, alignment and motivation.

It shows a practical approach to achieving success with happiness, without stress.

**Learn the science-backed principles, strategies & techniques to hack your mind for enhanced productivity.**

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

- How can you achieve your dreams and goals?
- What are your most powerful gifts – and how do you want to use them in the world?
- What do you want to achieve with your life?
- How can you overcome the fear of failure?
- Who are you – and who do you want to become?
- How can you achieve success without stress?
- How can you be the best version of yourself?



## BENEFITS

- Have a Growth Mindset
- Find your purpose in life and maximize your progress towards it
- Bounce back faster from set-backs and disappointments
- Motivate yourself to generate and sustain passion
- Plan efficiently and effectively for success
- Manage your time better and even expand your time
- Build trust for positive, lasting relationships, both personal and professional
- Persist with focus and consistency
- Achieve your next level of Success with Happiness



# META MIND COMPETENCIES FRAMEWORK™

BASED ON THE 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 Leadership & Happiness 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



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

## MASTER YOUR MIND L1 & L2

A 2-Days Program

## LEAD YOURSELF WITH HAPPINESS TO SUCCESS

### PROGRAM DETAILS

Duration: 2 days program

Delivery Mode: LIVE in-Person Event, including MasterMind & Networking sessions.

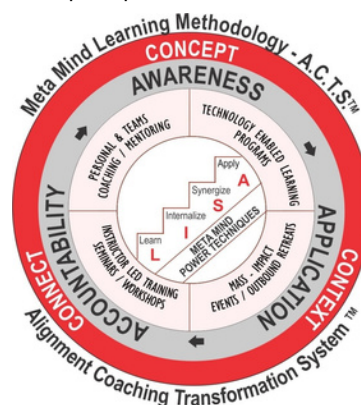
Fee per participant: USD 2000/ INR 150,000 (plus tax as applicable)

## 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.

