

**BUILD STRENGTHS
TO FEEL SAFE,
FULFILLED &
THRIVING**

A human being has approximately

60,000

thoughts per day—

& **90% of these are repetitive***

Leaders

Resigning

Keeping India Inc on toes***

In a post-covid world, people are looking for

(A.V.E.C)

Awareness, Vulnerability, empathy and compassion
from business leaders**

Source of knowledge is not
just supervisor, people

Google

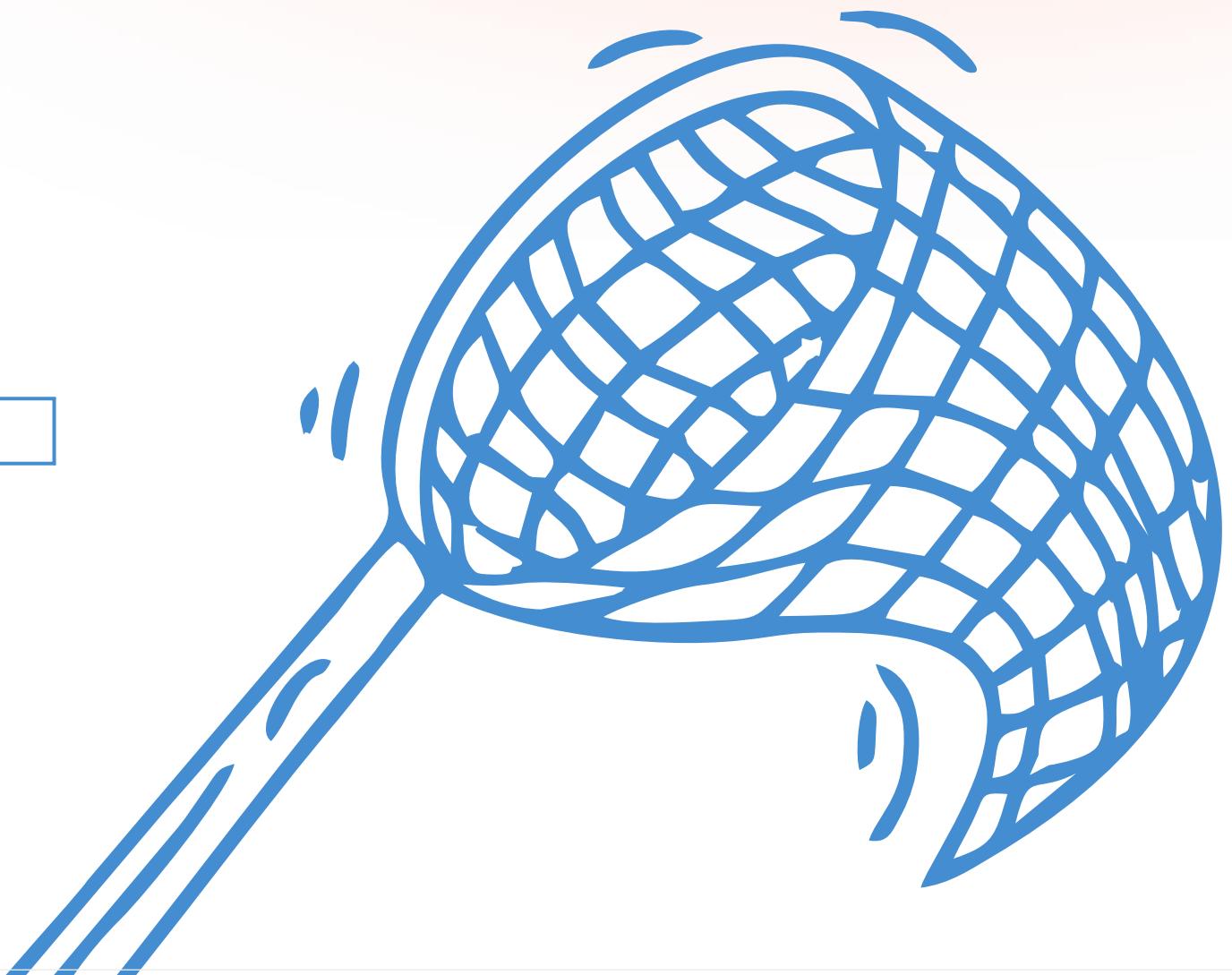
What workforce are

LOOKING FOR?

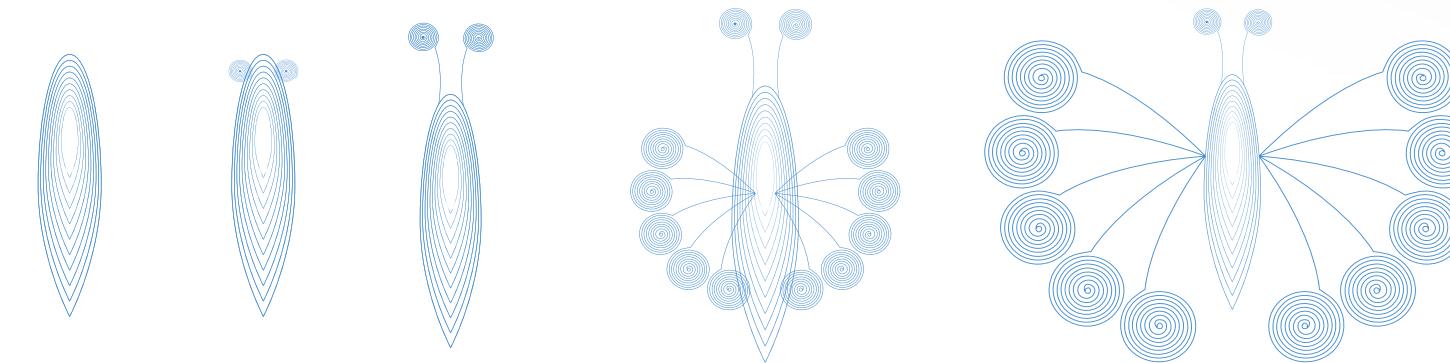
MEANING

→ **VALUES**

→ **INTEREST**



Based on the proven science of
METACOGNITION*



META PRACTICE™

 **PLAY THE VIDEO**

**Focus on building
strengths**



An experiential skill
and evidence based practice
tailored for today's
workforce to feel safe,
fulfilled & thrive every day.

META PRACTICE 12 STRENGTHS

FRAMEWORK



META PRACTICE SAFETY

1. SELF-CARE

- Relevance in current context
- Trigger points to use self-care techniques
- Get aware of diverse tools on self-care
- Exercise to cultivate self-care in daily living
- Experience guided meditation on self-care

Benefits:

Reduction in anxiety, stress, frustration. Increase in happiness, improve concentration, and energy

2. MOVEMENT

- Sharing on how movement brings mind-shift
- Learn to build a movement ritual
- Story of "Flock of Birds"
- Sharing of tools for tracking of movement
- How to overcome mind in building habit
- Experience guided meditation on movement

Benefits:

Helps in mental clarity, 'clear your head', concentration and improves memory

3. PURPOSE

- Sharing on how purpose works as our life's compass
- Explaining 7 garden purpose framework
- Exercise to create your purpose
- Experience guided meditation on purpose

Benefits:

When our world feels purposeful, we're empowered to take greater responsibility for our lives

4. COURAGE

- Sharing as how courage helps us grow
- Difference between courage/rebel/force/anger
- Exercise to reflect, think of showing courage
- Reflection exercise on courage

Benefits:

Courage gives you the power to chase after things that are important. It also bolsters self-confidence and allows to believe in our abilities

META PRACTICE FULFILLED

1. MINDFULNESS

- Sharing on mindfulness way of life
- Deconstructing: Past, Present, Future
- Exercise to cultivate mindfulness
- Experience guided meditation to boost mindfulness

Benefits:

helps us be aware of thoughts and feelings so that, instead of being overwhelmed by them, we're better able to manage them.

2. GRATITUDE

- Sharing on appreciating small things in life
- Path to success and happiness are different
- Exercise to cultivate gratitude in daily living
- Experience guided meditation on gratitude

Benefits:

Rewire our brain to deal with the present with more awareness and broader perception, by reducing stress, gratitude reduces depression and anxiety

3. FORGIVENESS

- Sharing on letting-go
- Get aware of cost for holding a grudge?
- Exercise to cultivate forgiveness in daily living
- Experience guided meditation on forgiveness
- **Deconstruct:** Forgiveness is a tool to becoming better collaborator

Benefits:

Boost health, lowering the risk of heart attack; improving cholesterol levels and sleep; and reducing pain, blood pressure, and levels of anxiety, depression, and stress

4. CALM

- Sharing on staying calm
- Get aware to strengthen internal locus of control
- Sharing of context to avoid conflict and stay calm
- Exercise to cultivate calmness in daily living
- Experience guided meditation on calmness

Benefits:

Reduces stress and the symptoms of mental health conditions like depression, and anxiety. Other benefits, including lowering your heart rate, blood pressure, and breathing rate. Reducing muscle tension and chronic pain

META PRACTICE

THRIVE

1. LEARNING

- Sharing on learning
- Introducing METACognition framework
- Deconstructing: Different path of learning
- Tools on cultivating learning in daily living
- Experience guided meditation on learning

Benefits:

sense of growth and confidence.
Opportunity to reflect on journey, picking insights and thinking through skills to learn

2. CONFIDENCE

- Sharing on confidence as a skill for life
- Deconstruct: Confidence Vs ego
- Exercise to get aware of your strengths
- Reflection exercise on confidence

Benefits:

decisions making skill, better choice and selection, positive outlook on life, increasing your mental and emotional wellbeing

3. INTIMACY

- Sharing on intimacy in relationships
- Deconstruct: Consistency in relationships
- Sharing of inner-circle framework
- Exercise to bring intimacy in relationships
- Guided meditation on miraculous relationships

Benefits:

Healthy and intimate interpersonal relationships are a large component of mental health. Close relationships can not only give you a strong support system to better manage mental illness

4. SERVANT

- Sharing on servant leadership
- Deconstruct: Servant Leadership Vs Autocratic Leadership
- Key habits on servant leadership
- Exercise to cultivate servant leadership in daily living
- Reflection exercise on service leadership

Benefits:

As a servant leader, you are focused on the needs of each member of your team and how your efforts can help them succeed and do their best work

META PRACTICE BEST PRACTICES

PRE-WORK

Cohort to self-rate on strengths

Cohort to identify problem



ENGAGEMENT

Coaching technique to overcome the immediate challenge

Guided meditations, reflections, activities, stories, and conversations

Action plan to apply learning within 12 hours

Followup sessions with cohorts to form habit

WHY?

META PRACTICE

Create a workspace where
people are **not judged, nor labelled,**
feel connected and valued

**See the change with employees
applying learning within 12 hours**

**Create mindset of do less
and get more**

Retaining talent



APPLICATION

In creating a **culture of well-being**

**Supporting sales goals with
motivated sales team**

**Assisting top talent and leadership
to be future ready**

BENEFITS

SUPPORTING SALES GOALS WITH MOTIVATED SALES TEAM

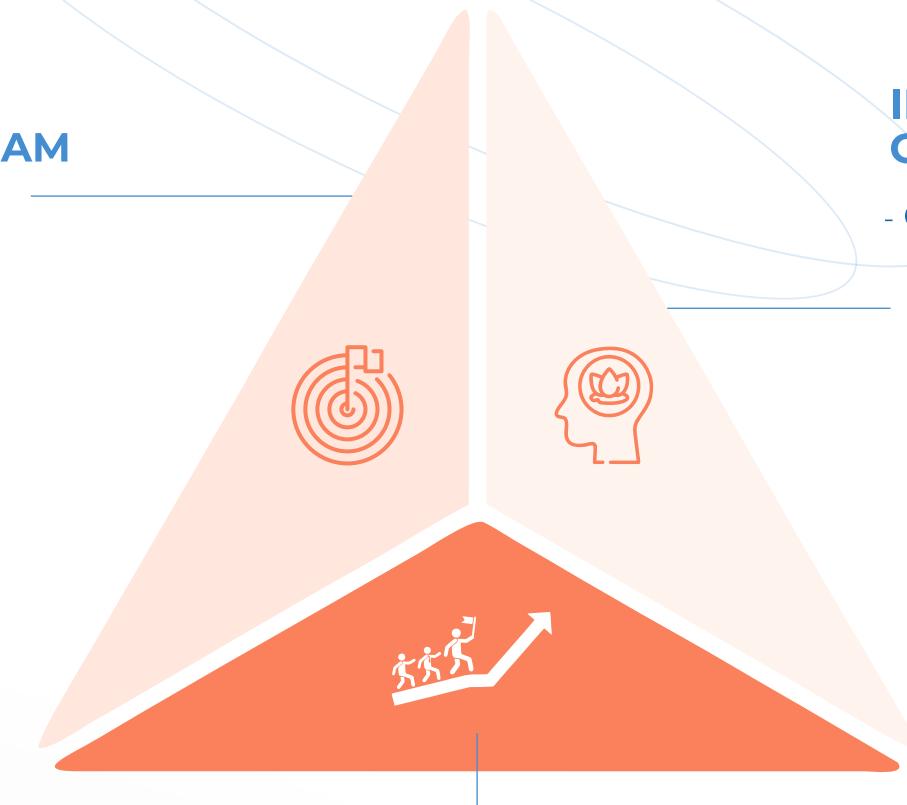
Customised content: exponential growth mindset, influencing skills, execution focus, social media skills, tracking and consistency

- ✓ Offsite session
- ✓ Virtual session
- ✓ Bootcamp
- ✓ 1:1 Mentoring

IN CREATING A CULTURE OF WELL-BEING

- Create well-being champions

- ✓ Offsite session
- ✓ Virtual session
- ✓ Bootcamp
- ✓ 1:1 Mentoring



FUTURE READY BY GROOMING TOP TALENT

Customised content: business planning, communicate with large teams, create a vision, values

- ✓ Offsite session
- ✓ Virtual session
- ✓ Bootcamp
- ✓ 1:1 Mentoring



4.5 Rating for Evidence based Science

90% seek repeat engagement



Gunjan Jaiswal

Founder, Pickle Pics

"We all are just drifting in our lives. Timepass by. We are simply flowing like a dead branch in the stream. And then you get the opportunity to hear Amit Kasliwal and he jolts you back into existence.

His simple ways of explaining the secrets to happiness and growth help us to awaken and realize our potential."



Sushil Shetty

AVP, Axis Bank

"Overall feedback for your sessions: 4.77 / 5. The sessions were well received and well driven by you. The participants have been vocal in their feedback about their learning too."



Rajnish Kapur

COO, JK Cement

"META Practice™ has helped our team avoid distractions, get more focussed, know their aspirations, and I would say in short, they have become very effective in terms of achieving both their personal life and organisation goals."



WATCH PARTNER SPEAK

Apurva Chamaria

**Head of Partnership Solutions,
Startups & Venture Capital
@ Google India**

#mindfulness = #selfawareness + #aliveness + #habit .

Thank you Amit Kasiwal for conducting an amazing session on #Mindfulness for the Google India Startup & VC Partnerships Team!

One of my favorite learnings from your session was the parable of the second arrow “In life, we can’t always control the first arrow. However, the second arrow is our reaction to the first. The second arrow is optional.”



META PRACTICE SHINNING AT

Google

Your session was very well received by the team with an Avg. rating of 4.8/5. Let's continue to be alive & mindful. And I discovered an amazing song for our times

with a lot of gratitude from the Google India Startup and VC Team!

Visit the web for more

TESTIMONIALS

18,189 in 110 engagements have gained
from the **META PRACTICE™**



17 years of leadership experience & timeline journey

 Amit Kasliwal

- 2003 Times Group
- 2004 Hero Moto Corp.
- 2007 Ford India
- **6 years (10,000 Hrs) of META Practice Mastery**
- 2016 INSEAD
- 2019 TEDx
- 2019 Founded META Practice



TEDx



MEET
**META™
PRACTITIONER**

- ✓ He writes regularly in the Indian press.
- ✓ He also makes regular appearances online, having been featured on TEDx.
- ✓ His online content has garnered over 20 million views.
- ✓ Amit lives in Gurgaon, India, with Swati and his son Jap.

Today's workplace need people who actively listen, are empathetic and spread positivity! **So change the vibe and invite Amit.**

AMIT KASLIWAL

POSITIVITY PROVOCATEUR | INSEAD ALUMNUS | TEDX SPEAKER

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