



APEX

Inspiring Individuals
& Transforming
Organizations

*Self Mastery & Inner Skills for
Enhancing Managerial
Competency – NTPC*

The APEX bouquet of programs is about:

Mindfulness & Beyond

Bring out the best of the mind and its potential: for consistently elevated levels of performance

Breathing Rhythms and Techniques

Harness the power of the breath: to enhance cognitive ability, emotional intelligence and innovation quotient

Meditation

Tune the inner world into harmony: to create collaborative and win-win relationships effortlessly

Serene Dynamism is the ideal achieved state of a calm yet focused mind and an energetic and enthusiastic and dynamic activity.





Self Mastery for Enhancing Managerial Competency

8 hrs

This program gives a rich glimpse into the potential of one's own mind and energy, instantly creating a **crystal-clear state of mind** and a **burst of enthusiasm**.

Benefit:

- Inner peace, in a few minutes
- Get recharged instantly
- Create space within to handle dynamics outside
- Takeaway tools: easy-to-integrate, simple and practical: our vast set of online resources is at your disposal

INDICATIVE CONTENTS:

- An interactive dialogue and exercise on Mind & Energy Management : how it enhances clarity of mind
- Use of the 7 Levels of Existence & 4 Sources of Energy model to demonstrate the link between mindfulness and professional excellence
- Practical experience of takeaway tools that facilitate the state of mindfulness – breathing techniques & meditation
- Curated discussion on importance of inner skills in
 - Creativity and Innovation
 - Communication and Interpersonal Skills
 - Leadership Competence
- Open House: a Question and Answer session

TESTIMONIALS

- **“Incredible how much was packed into just 60 minutes”**
VP @ Western Digital
- **“Absolutely the need of the hour right now”** HR @ Aptiv
- **“This is exactly what the team needed in this time of uncertainty”** HR @ Adani

Investment Proposal- Mind Matters

| PROGRAM | AUDIENCE | DURATION | PROGRAM FEE |
|--------------------------|--|--------------------------------------|---|
| APEX Mind Matters | All Employees Up to 25 participants | 8 hrs (with breaks in between) | INR 78000/- * Presently GST is nil |

PO on

Vyakti Vikas Kendra India, Devi hall,
Gate no. 1,
Art of Living International Centre, 21st
km, Kanakapura Road,
Bengaluru 560082, Karnataka

GSTN No. 29AAATV1617L1Z

Other terms

- Local Travel for 1 senior faculty included in above
- Validity – 30th Nov 2023

YOU ARE IN GOOD COMPANY



The Apex Programs: Inspiring individuals Transforming organizations

APEX is the flagship offering of the Art Of Living Corporate programs – designed from the ground up for large organizations

The underlying principle of APEX is “an individual able to manage his own mind is truly capable of leading and inspiring others”.

Breath-based techniques
And mindfulness tools



transform the quality of
one's insights, decisions
and actions.

tangible experiential and long-lasting benefits



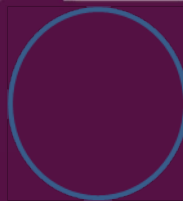
help build high-performance teams and inspirational leaders.



APEX

To know more, reach out to:

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PROGRAMS

Thank You