



The Art of Leadership Program

Learn the Leadership Principles of
Gurudev Sri Sri Ravishankar



THE ART OF LEADERSHIP PROGRAM

The Art of Leadership program is centered on seven essential leadership skills - Self-Leadership, Happiness, Productivity & Performance, Emotional Intelligence, Communication, Resilience and Collaboration. By developing these essential leadership skills, you will accelerate your progress towards both your career and life goals.

The leadership principles of Gurudev Sri Sri Ravi Shankar, the founder of The Art of Living, form the bedrock of the program. The program provides you with valuable frameworks and resources that will empower you to chart a distinct course in your career and enable you to become the most exceptional version of yourself.

Spanning 12 hours, the program takes place online over four days. Additionally, we offer 21 days of post-program support to help you reinforce and integrate the learnings.



PROGRAM FEATURES

LEARN 7 ESSENTIAL LEADERSHIP SKILLS

- Self-Leadership
- Happiness
- Productivity & Performance
- Emotional Intelligence
- Communication
- Resilience
- Collaboration

LEADERSHIP PRINCIPLES OF GURUDEV SRI SRI RAVI SHANKAR

Learn the transformative leadership principles of Gurudev Sri Sri Ravi Shankar, which have had a profound impact on the personal and professional lives of millions.

LEARN ADVANCED MINDFULNESS TECHNIQUES

Learn the powerful SKY Breath Meditation. SKY (Sudarshan Kriya) uses specific rhythms of breath to eliminate stress, support the various organs and systems in the body, transform overpowering emotions & restore peace of mind.

TRANSFORMATION IN JUST 12 HOURS

The program, conducted online, spans 12 hours over 4 days. Through engaging and interactive sessions, you will acquire practical skills that can be applied immediately.

IMPLEMENTATION SUPPORT

We will support you for 21-days after the program to help you further imbibe the learning from the program.

WORLD CLASS FACULTY

Our faculty are experienced practitioners of leadership with a wide range of industry experience and are personally trained by Gurudev Sri Sri Ravi Shankar.



WHO SHOULD DO THE PROGRAM?



Young aspiring leaders aiming to inordinately enhance their leadership skills in order to be more effective at work



Diverse professionals across industries, domains, and career stages, looking to change gears and markedly accelerate their professional growth



Individuals with people management responsibilities seeking fresh insights and advanced approaches to effectively lead and manage teams



Seasoned leaders exploring transformative approaches and tools to drive growth and achieve appreciably greater success in their roles



WHY DO THE PROGRAM?

For a successful career both, technical* and leadership skills are essential. While it is important to continuously renew your technical skills, it is equally important to develop your leadership skills.

A leader should have a clear mission and vision, coupled with adept leadership skills essential for navigating skilfully through obstacles on the journey toward accomplishing goals.

We have identified seven high-priority and essential leadership skills: **Self-Leadership, Happiness, Productivity & Performance, Emotional Intelligence, Communication, Resilience, and Collaboration** that will fast-track your progress towards both personal and professional goals.

In just 12 hours, you'll acquire transformative skills that can steer your career and life in a new direction, helping you successfully navigate challenges and achieve your objectives.

TESTIMONIALS

The leadership insights of this program are unique and transformational. The methods taught are practical and logical.

- **Priya Agarwal**, Process Excellence Manager at Groww

I have become more focused, calm and effective. From developing mental strength by focusing on the present, to doing structured breathing and meditation exercises, the program set me on a life changing course.

- **Kailash Munipella**, Principal PSM Automotive & Manufacturing Asia, Amazon Web Services

I am now able to support my staff with clarity of thought and crisp communication through words and actions.

- **Dr Balu Natarjan**, Chief Medical Officer with Seasons Healthcare Management, Inc

My communication, emotional intelligence, productivity and collaboration skills have significantly improved.

- **Anushka S**, Graduate Engineer with ARM

I discovered skills and capabilities I never knew I had. You almost become a channel for the most surprising things that flow through you.

- **Srinivas Uppaluri**, Leadership Coach, Author, Mentor. Former Vice President and Global Head of Marketing, Infosys

REGISTER AT

<https://corporateprograms.artofliving.org/art-of-leadership>

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CURRICULUM



SELF-LEADERSHIP

Leadership begins with Self Leadership. If we can lead ourselves, we can lead many. Participants deep dive into themselves to surface latent potential and wisdom. A quantum leap is achieved via the multiplier effect of Inspiration.



HAPPINESS

Choosing to work from a space of happiness, rather than working for happiness, enables us to be light, effortless, and centered. This module is designed to uncover the secrets of being happy. In this module, you will find the answer to the question – What do you need to be happy?



PRODUCTIVITY & PERFORMANCE

Elevated energy heightens can-do spirit and the go-getter in you. Learn practical ways to exponentially increase energy and capability for higher performance. Learn to move from being transactional to being transformative, by balancing day to day situations with long-term goals.



EMOTIONAL INTELLIGENCE

This module includes awareness of one's emotions and becoming sensitive to other's emotions. It includes tools & techniques to handle and transform one's negative emotions and also how to positively influence other's emotions.



RESILIENCE

Learn the art of bouncing back from challenging situations & developing the ability to perform effectively under trying conditions. Given the anticipated VUCA (Volatile, Uncertain, Complex & Ambiguous) nature of the economic environment, participants acquire valuable skills to transform challenges into opportunities by demonstrating resilience in the face of adversity.



COMMUNICATION

This module deals with various communication skills that help to build relationships based on trust. Participants learn to shift their vantage point & sharpen perception, observation & expression.



COLLABORATION

Participants learn to develop win-win relationships for higher performance with deep collaborative equations and how to influence ethically and get results without authority.