

# Corporate Programs

*"The global crisis is not an economic crisis it is a crisis of identity. The way out of this identity crisis ensuring a path of success for business in the future is to integrate the ancient wisdom and techniques of the East into modern economic concepts of the West."*

Many other globally-successful corporations have embraced the ideal of integrating the ancient wisdom and techniques, such as yogic practice, meditation and mindfulness, into the modern economic concepts and have experienced first-hand how including yoga wisdom and yogic techniques empower the corporation and raise the quality of life of employees. The effect exponentially reaches into the consumer arena and engenders sustainability initiatives.

Our vision is that the human being is ontologically complete and therefore able to reverse the current crisis with individual effort. As humans we are capable to sense the reality of the changing world around us, perceive the subtle facets of each unique event, and compute the opportunities that arise from the environment. We are able to deal with any given circumstance or adversity and create welfare and prosperity for ourselves and others. We can apply the mind to succeed in any field we focus on.

**Our expertise** allows us to perceive the cause of the dysfunction that limits the success and we apply time and energy just in what is needed to restore the flow of energy for a healthy, wealthy and exertive corporation.

**Our uniqueness** lies in applying the technology of an ancient science as an art to facilitate the process towards success, working transversally through the different organizational or individual systems or sectors of the whole organism of a corporation.

**Our approach** is very pragmatic, the concepts and processes we propose are supported by practical non-invasive techniques that facilitate the understanding, the assimilation and integration in the personal and professional daily life.

## Exertive Leadership

A leader is constantly exposed to people, environment and circumstances, carrying the responsibility to keep assessing everything in the midst of great absorption in the task at hand. The intensity of the process of achievement and rhythm of performance can often overwhelm the leader to the point to drain his intuition, energy, creativity and motivation which are essential and peculiar of the exertive leader.

Being exertive means to use the radiant authority, presence and expertise in order to make something happen despite any adverse circumstances. It is the ability to be in contact with reality and assess the circumstances even while completely absorbed in action, to hold each boundary and division of role with integrity and accuracy. It is the faculty of superior manners and social interactions, which requires the capacity to counteract stress into vitality. Being exertive is the sine qua non of success, prosperity and happiness in this time of transition to a new paradigm.

## Central Aspects

This seminar series teaches the attitude and technology to transfer the stress load to the proper physical and energetic systems so they can be dealt with. Thus the leader becomes able to go over what generally is believed to be possible. Central aspects of this seminar are:

1. Presence, Impact and Charisma
2. Adaptive Flexibility in Transitional Times

### 3. Intuitive Decisiveness

#### Counteracting Stress into Vitality

Stress is not an illness, it is a condition. Stress means the pressure that life exerts upon us and the way this pressure makes us feel and act. Too much unprocessed stress will ultimately “distort” us. We lose our shape, our focus, our health, our sense of self. We experience stress and tension when our inner resources are inadequate or blocked and we can not meet the challenges effectively.

Recognizing the signs of stress is important because they can build up and reveal themselves in so many different ways. It is often easier to notice them in other people than in ourselves. It is a vicious cycle - the more stressed we become the more our judgment narrows and distorts. The particular patterns are individual, they arise along with the stress personality. When we recognize our internal and external sources of stress and overcome or adapt to them with grace, intelligence and gratitude, we become more relaxed. In that deep relaxation, we can tap into our own vitality.

#### Central Aspects

- Identify our stress personality and learn how to deal with it
- Learn how to prevent stress, deal with it when it is happening and recover from it
- Understand and compare the qualities of vitality, stress and relaxation
- Experience tools to enhance quickly your vitality, endurance and mental clarity on the spot
- Enhance our core vitality, endurance and mental clarity
- Explore consciousness as a primary tool in avoiding stress and building vitality
- Experience the stress-free zone

#### Concentration and Focus – More Available Time

The way how we use the time given to us will decide about how successful, how fulfilled and how happy we will be. When we are in contact with our essence and cease experiencing duality, we progress from diverted to attentive, from dispersed to contained, from insecure to confident, from wanting to control to containing – from managing time to expanding time.

The process of identifying with a thought, the word that follows, and the action it performs, is the most powerful creative form that exists. The extend to which we are able to consciously direct this process will determine how much we are able to create the time we need to fulfill our tasks. It is, therefore, not important if we have the most brilliant thought or super idea, but the way in which we allow ourselves to accept it and process it will confirm our success or impede it.

#### Central Aspects

- The art of concentrating and the art of getting distracted
- Understanding a thought as a powerful projected reality in space and time
- Learn how the mind and brain can be cohesive to one single thought
- Manage energy not time
- Learning the art of distraction and 360° concentration

#### Creativity and Out-Of-The-Box-Thinking

Aim and Results Creativity and Out-of-the-Box-Thinking

The brain can accept, work and develop only what it believes is possible. Discipline helps us to change our belief systems and allows us to explore new neural pathways, suitable to perceive reality and creatively think and act outside the box. This will make us free human beings, able to understand, project and create without limits.

The irrepressible need to create, to keep ourselves alive and leave our unique imprint on the personal reality that surrounds us, has to be preceded and inspired by a delicate stage, the perceptive one. Without perception there can be no conception. Without being contaminated, inseminated with the true meaning of reality, we cannot give life to something that is really creative and therefore successful.

### **Central Aspect**

- How to be open to the New
- How to explore new neural pathways
- Experience and understand the real process of creativity
- Understand what blocks the creativity
- How to develop the sensitivity to perceive the reality of each situation

### **Team Relations and Motivating Communication**

We spend most of our life in relationships. Conscious communication is critical to effectiveness and satisfaction in every relationship. We live and work in groups. Communication between two people is complicated, in a team it takes on a complex dynamic. Our capacity to use conscious communication in teams is essential for every enterprise in which we aspire to succeed.

At the pinnacle of our capacities is the ability to speak intuitively and meditatively. This is when we become conscious of our words before we speak them. It is when we sense not just the content of the words, but also the meaning below the surface. We intuit the implications and results of those words. Relationships are dynamic not static. They change with each of our actions and thoughts.

### **Central Aspects**

- Define the characteristics of authentic team relationships
- Identify the core paradox in team relationships, transform it from problem to opportunity
- Understand the spectrum of communication in teams and groups
- The pivotal role of silence within the self – Stillness and the power of your word
- Importance and results of deep listening - Recognize and engage in dialogue
- Achieve a common goal through the art of sharing and understanding a common notion

### **Achieving Higher Goals – Making the Impossible Possible**

The crucial question is how and from where we can get the power to accomplish what we have to accomplish. It is not enough to accomplish something just because it is our duty. The important thing is to feel the call of duty prevailing in us. When we become able to put our personality, our commotions, our neuroses aside and completely dedicate us to doing the job, then we surrender to the call of duty and this means victory.

The more we want to achieve higher goals, the more we have to be excellent in the creative process of manifesting our intentions. The art of creating and changing the actual circumstances follows very precise laws, the laws of nature. The natural process of creating starts with the right attention, that

forms into a firm intention, that invokes a cohesiveness, which leads to a strong projection and ends up in action. The final action should bring the deliverance of the intention.

### **Central Aspects**

- Feeling the call of duty
- The creative process to manifest an intention
- The process of perception - conception - deliverance
- The art of fighting and the art of victory
- Trusting yourself, trusting the unknown, be trusted by others