

Kaushalam

excellence in action



3 WEEKS
Online Course

ONLINE PROGRAM IN
PERSONAL MASTERY

FOR ENTREPRENEURS, EXECUTIVES, PROFESSIONALS AND LEADERS

Holistic Wellness and Learning from Experts

heartfulness
purity | weaves destiny

ABOUT KAUSHALAM

Experiential online retreat with **emphasis on practice** and continuous connect to our Inner Being, that includes:

- Facilitated Sessions by Experts
- Inspirational Audio, Video & Reading
- Powerful Peer to Peer, Group Learning
- Self Reflection & Contemplation Zones

PROGRAM BENEFITS



Move from Burnout to Joy



Energize your time & your Self



Enhance your Work & Personal Relationship



Realign Priorities for Well-being & Fulfilment



Get Inspired by Yourself: Be your Own Hero



Join the Heartfulness Kutumba (family) & avail Privileges viz.:

- A Heartfulness Trainer on Call
- Mobile App to Practice Tools & Magazine
- Access to 500+ Heartfulness Centers Globally
- Retreat with Family at Centers in India, Denmark, USA, Germany, France & Malaysia



DELIVERY FORMAT

- Peer to Peer Coaching
- Experiential Learning
- Group Discussions through Breakout Rooms



PROGRAM FACULTY



Subramanian Sankaran

Founder & Principal Consultant - Simpact Consulting; Advisor in multiple companies; Certified Leadership Coach; Trustee in multiple NGOs; Director - Kaushalam; Heartfulness Trainer 16+ yrs



Deepak Saini

Product leader with close to two decades of association with corporates and start-ups, currently employed as VP, Product Delight at Games24x7. Runs several entrepreneurial ventures and works with the Academia to shape young minds; An IIT Bombay alumnus; Heartfulness Trainer 5+ yrs



Raghav Rao

Senior Scientist at Corporate GE R&D with two decades of experience in Aviation and Energy technologies.; A Life and Leadership coach; Supports neuroscience-based education initiatives and habit-formation to support youth & adults in discovering/actualizing their inner potential; An IITM & UCSD Alumnus; Heartfulness Trainer 5+ yrs

Note: There will be an additional dynamic faculty pool depending on availability for each unique session.

ABOUT US

Heartfulness Institute offers such specialised and customized 3-5 days programs for schools, universities, corporates, government and public sector bodies, communities and individuals, in over a hundred countries.

SOME BENEFICIARIES



Disclaimer: All logos are property of their respective owners and are used in this website/brochure for identification purposes only. Use of these logos does not imply endorsement.

TESTIMONIALS

“ An excellent program in a short span. Overall, the entire program was beyond our expectations.

HARI K VALLURAPALLI
President, CEO Clubs India

“ The program, the training is really life changing for me, transformed me and it has redefined my presumptions.

S. NAVNEETHA KRISHNAN
AGM, GMR Group, Chennai, India

“ Heartful thanks for all trainers who shown meditative lantern in our daily darkest busy life.

Delegate, ONGC

CONTACT US

Ms Shikha, 9840730388

Ms Arpan Jyoti, 9940053676

kaushalam@heartfulness.org

FOR PROGRAM REGISTRATION

heartfulness.org/kaushalam

heartfulness
purity weaves destiny



www.heartfulness.org

Mail us

info@heartfulness.org

Toll free number

1800 103 7726 - India

1844 879 4327 - US/Canada