

# 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



**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; 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



**Deepak Varma**

Founder Director of Technospirit focusing on Leadership training. Winner of Asia Pacific Excellence award from HP, President at Smartcity Toastmasters; Speaker at NASSCOM summit. Rich experience of working with CXOs in Telecom and IT. Heartfulness Trainer 20+ years



**Subramanian Sankaran**

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



**Harpreet Bhan**

VP Adizes India and Middle East – top 10 large business consulting group. Ex board member responsible for 43 countries of multibillion global security services company. Presented entire season of Radio City – Shanti Sutra. Heartfulness Trainer 15+ years

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



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## 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

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## FOR PROGRAM REGISTRATION

[heartfulness.org/kaushalam](http://heartfulness.org/kaushalam)

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