



Heartful Adizes Leadership Foundations

An immersive leadership retreat blending Adizes methodology and Heartfulness practices to help you lead with heart, wisdom, and integrity.

IN
PERSON



OVERVIEW

At the Heartfulness Institute of Leadership, we are committed to developing future-ready leaders who can navigate the complexities of the modern world by leading with both heart and mind. Our Heartful Adizes Leadership Foundations course blends the transformative principles of Adizes Management with the holistic practices of Heartfulness, offering a unique approach to leadership development.

This program equips leaders with the tools to manage change effectively, cultivate self-awareness, and lead with wisdom, integrity, and compassion. By integrating human values into professional management practices, participants will enhance their ability to foster both organizational success and personal growth.



OUR VALUES

- **Humane Leadership:** Fostering a leadership style that balances heart and mind.
- **Holistic Transformation:** Integrating personal development with organizational excellence.
- **Collaborative Growth:** Building communities of mutual trust and respect.
- **Sustainable Impact:** Creating lasting, positive change within organizations and communities.

"Today private institutions can have more impact in the world, and since Adizes is a great methodology in making business more successful, adding Heartfulness can make companies more in sync with today's world needs, and not only focused on profit."

— Alberto Ortiz Carpinteyro

MEET DAAJI AND DR. ADIZES

Daaji (Kamlesh D. Patel) is the spiritual guide and global head of the Heartfulness Movement, offering a unique blend of Eastern spirituality and modern scientific understanding to promote inner transformation and holistic well-being



Dr. Ichak Adizes is a renowned management consultant and author known for pioneering organizational transformation work, and helping businesses navigate change and achieve sustainable success.

ABOUT ADIZES

Adizes is a globally recognized consulting firm specializing in organizational transformation and change management. Founded by Dr. Ichak Adizes, the firm employs the Adizes Methodology to help organizations tackle complex challenges, enhance leadership, and boost performance. By aligning structure, strategy, and culture, the methodology enables companies to manage change without destructive conflict.

Adizes has successfully transformed over 1,000 organizations across 73 countries, including Fortune 500 companies, government bodies, and nonprofits. Notable clients like Bank of America, Shell Oil, and Domino's Pizza underscore their proven track record in driving impactful change across diverse industries.

ABOUT HEARTFULNESS

Heartfulness is a heart-centered approach to life, where one will ideally be able to live each moment by the heart. It is to live naturally, in tune with the noble qualities of a heart, enlightened and refined through the simple yet very effective Heartfulness practice. These qualities include compassion, sincerity, collaboration, cooperation, and forgiveness; attitudes such as generosity and humility; and the heart's fundamental nature, which is love.

The Heartfulness approach to life is supported by the four basic practices of Sahaj Marg (meaning 'natural path'). From the very first day, these practices start revealing these qualities in us.

WHAT YOU WILL ACHIEVE

By enrolling in the Heartful Adizes Leadership Foundations course, you will:

- Deepen self-awareness and leadership consciousness
- Align personal growth with meaningful organizational outcomes
- Enhance decision-making in complex, fast-changing environments
- Strengthen trust, collaboration, and communication across teams
- Foster employee engagement through authentic, empathetic leadership
- Achieve strategic alignment between values and business goals
- Lead with greater confidence, clarity, and purpose

WHO SHOULD ATTEND?

Aspiring and Established Leaders in Mid-Sized and Large Organizations

Whether you're stepping into leadership or already navigating its complexities, this program is designed for professionals committed to growing their impact. Ideal for those with foundational to significant work experience, it helps build and refine leadership capabilities, manage change with confidence, and integrate ethical behavior and human values into everyday decisions.

CXOs, Civil Service Officers, and Leaders in Public Sector Undertakings (PSUs)

For decision-makers committed to driving scalable impact, this course offers robust tools for managing people, processes, and performance—while fortifying ethical leadership and mastering the dynamics of change.

Nonprofit Leaders & Social Entrepreneurs

Perfect for mission-driven changemakers, this program helps align values with practical leadership strategies to optimize people, resources, and purpose in service of broader social outcomes.

HR Leaders & OD Specialists

Tailored for professionals designing and facilitating leadership development programs. Gain tools to embed emotional intelligence, mindfulness, and values-driven practices across your organization.



LEARNING OUTCOMES

- Enhanced ability to handle organizational challenges.
- Enriched personal leadership style.
- Constructive management of conflicts.
- Ability to bulletproof organizations against destructive changes.
- Raised consciousness for optimal growth of stakeholders.

COURSE HIGHLIGHTS

- **Comprehensive Curriculum:** Dive into the Adizes Methodology and Heartfulness practices through immersive workshops and practical case applications.
- **Personal Development:** Strengthen inner awareness, emotional intelligence, and your capacity to lead with authenticity and empathy.
- **Flexible Format:** Thoughtfully structured to suit demanding schedules through a blend of reflective theory and hands-on learning.
- **Real-Time Impact:** Purpose-built exercises and case studies ensure immediate relevance and applicability.

"Can we beat the system in its own game - can we make a capitalist - heartfelt? Aren't these contradictions in terms? Yet watching the finale, I felt it may be possible - a prosperity for all - and building on that, dignity and power for all."

— Sehjo Singh

"It was a great learning experience. If one says, 'What they don't teach you at Harvard,' the learning in this course justifies it one hundred percent!"

— Prabodh Darvekar

COURSE STRUCTURE

- 1. Duration and Format:** The standard offering is a 3-day immersive program conducted in-person at Kanha Shanti Vanam (Hyderabad, India) or at a suitable offsite venue.
We also offer customized formats—ranging from 1 to 4 days—tailored to your organization's specific needs and schedule. While shorter formats focus on select outcomes, they are thoughtfully designed to deliver meaningful impact within the available time.
- 2. Daily Activities:** Each day includes a blend of theory sessions, practical workshops, Q&A sessions, and Heartfulness practices.
- 3. Learning Materials:** Videos, books, case studies, handouts, workbook and Heartfulness literature provided on-site.
- 4. Assessment and Certification:** Continuous assessment through group work and practical exercises, with certification awarded upon successful completion.

CORE COMPONENTS

Organizational Dimension (Adizes)

- Navigate complexity and uncertainty with clarity and confidence
- Master decision-making and implementation using the Adizes tools—especially in change-driven environments
- Understand the Four essential Roles of Management (PAEI)
- Develop a common management language to support effective delegation
- Build resilient teams through aligned communication and collaboration
- Foster a high-performance culture grounded in Mutual Trust & Respect
- Learn to channel conflict into constructive energy, avoiding destructive outcomes

Individual Dimension (Heartfulness)

- Engage in guided daily Heartfulness practices—relaxation, meditation, and rejuvenation
- Build emotional resilience and mental clarity
- Cultivate the 4Cs: Calmness, Courage, Compassion, and Clarity
- Strengthen resilience to stress and deepen inner stillness

ESTEEMED FACULTY

Gain insights from a world-class faculty delivering a proven curriculum that has transformed leaders globally.



Olga Gurskaya

Turkey

Heartful Adizes Trainer and Executive Coach with 23+ years in executive finance positions in multinational corporations. Since 2015, she has been an Adizes Institute Consultant, working with global leaders and also teaches coaching.



Greg Mathers

Latvia

Managing Director of Adizes Latvia with over 25 years of experience in consulting and leadership, he has been a key figure in expanding Adizes' presence in Europe and also teaches MBA courses at Riga Business School.



Shridhar Thoda

Mumbai

Heartful Adizes Trainer with 24+ years in Corporate Finance, Investment Banking, and Wealth Management. He has significant experience in capital markets, mergers, and preparing organizations for equity infusion.



Jas Kamal Jit Singh

NOIDA

Heartful Adizes Trainer with 32+ years in leadership roles across Factory Operations, Quality, and Project Management. His expertise spans diverse industries including FMCG, Chemicals, and Food Safety.



Harpreet Bhan

Hyderabad

Heartful Adizes Trainer and MD of Adizes India with 35+ years in senior management. He has led start-ups, mergers, and acquisitions in global companies, managing regions across Oceania, Asia, and the Middle East.



Apurba Roy

NCR

Heartful Adizes Trainer with over 24 years in sectors like oil and gas, telecom, and consumer durables. He specializes in Learning and Development and supports Change and Transformational programs.

YOUR INVESTMENT IN LEADERSHIP GROWTH

At the Heartfulness Institute of Leadership, our program fee is customized to fit the unique needs and goals of each organization. Investing in this program gets you much more than a course — you gain access to a wealth of tools, resources, and support designed to enhance both personal and organizational transformation.

What's Included in Your Custom Leadership Experience

1. Experiential Tools for Self-Development

Engage in practical, hands-on exercises that make learning both impactful and immediately applicable. These tools are crafted to enhance your self-awareness and boost your leadership capabilities, ensuring that your development is more than just theory—it's transformative action.

2. Globally Tested and Proven Methodology

Benefit from the Adizes methodology, a globally recognized and time-tested approach to management and leadership that has successfully transformed over 1,000 organizations in 73 countries. This proven methodology will equip you with strategies to manage change without destructive conflict.

3. Case Study Driven Learning

Learn from real-world scenarios with carefully selected case studies that challenge your thinking and help you apply leadership concepts directly to your professional practice. This approach makes your learning tangible and applicable.

4. Peer Learning and Collaborative Growth

Participate in an environment rich with peer interaction and mutual growth. Through discussions, shared experiences, and diverse perspectives, you will enhance your understanding and create stronger leadership bonds with your cohort, enriching the learning process.

5. Alumni Community and Lifelong Support

Upon completion, become part of an exclusive alumni network. Continue your journey through access to periodical webinars, discussions with industry experts, and a support system designed to keep you connected, updated, and thriving long after the course ends.

ADDITIONAL BENEFITS INCLUDED

- **Textbooks and Learning Materials:**
Receive “Mastering Change” by Dr. Ichak Adizes and “The Heartfulness Way” by Kamlesh D. Patel (Daaji), along with comprehensive course handouts and supporting literature.
- **Certification:**
Earn a printed certificate from the Heartfulness Institute of Leadership (HIL) upon successful completion of the program.
- **No Extra Fees for Exams and Course Materials:**
All examination fees, materials, and handouts are included, ensuring you have everything you need without unexpected costs.
- **HIL Alumni Enrolment:**
Get complimentary lifetime enrolment as an HIL alumnus, offering continual opportunities for growth and development.
- **Lifelong Personal Heartfulness Trainer Support:**
Benefit from lifelong access to a personal Heartfulness trainer at no additional cost to support your ongoing personal and leadership development.
- **Access to Heartfulness Centres and Libraries Worldwide:**
You and your family gain access to over 500+ Heartfulness centres and libraries worldwide, offering opportunities for continuous self-improvement and family well-being.

READY TO TRANSFORM YOUR LEADERSHIP

Take the next step towards a customized leadership development journey that aligns with your needs and ambitions

GET OUR CUSTOM QUOTE TODAY

CALL: 1800 103 7726

MORE INFO: hello@hileadership.org

WEBSITE: www.hileadership.org

For updates, news about Heartfulness Institute of Leadership follow us on Facebook, Instagram and LinkedIn.

