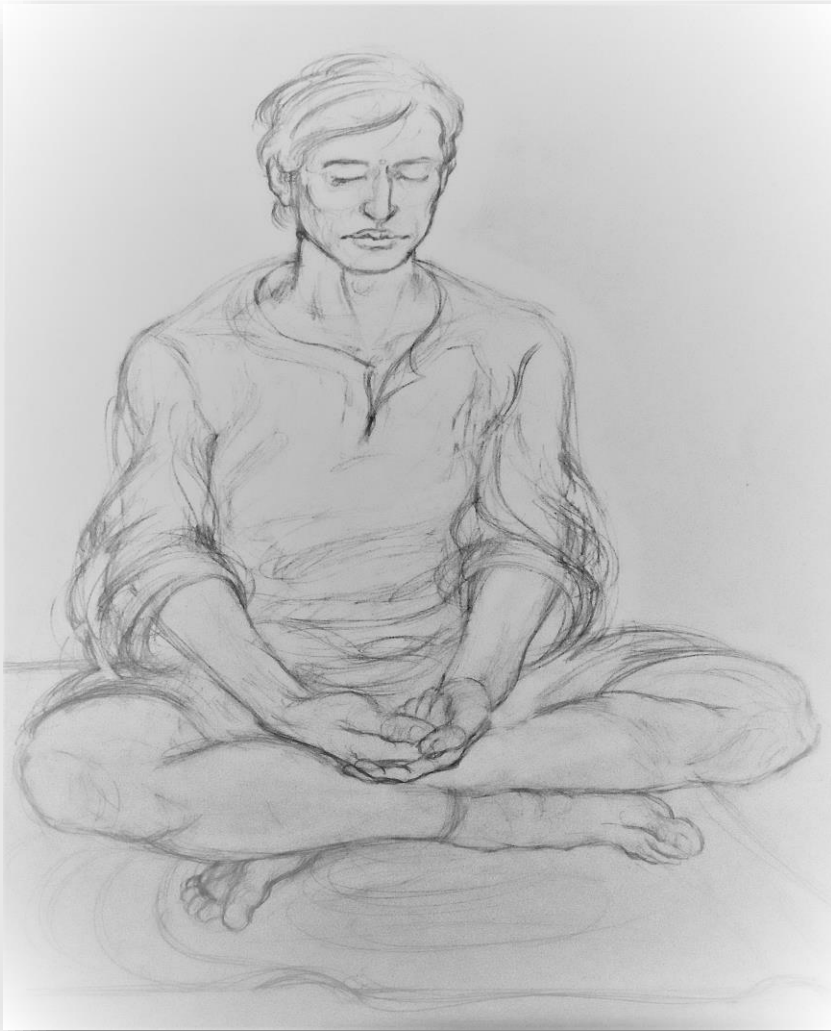


Welcome to Speaker Series!

Finding your Authentic Self





Heartfulness

Through meditation, love



Heartfulness Institute – a non-profit organization registered in USA
It offers simple practices of relaxation, meditation, regulating the
mind, and building inner strength and attitudes for over-all well
being.

📍 www.heartfulness.org

Speaker Series!



Your Authentic Self

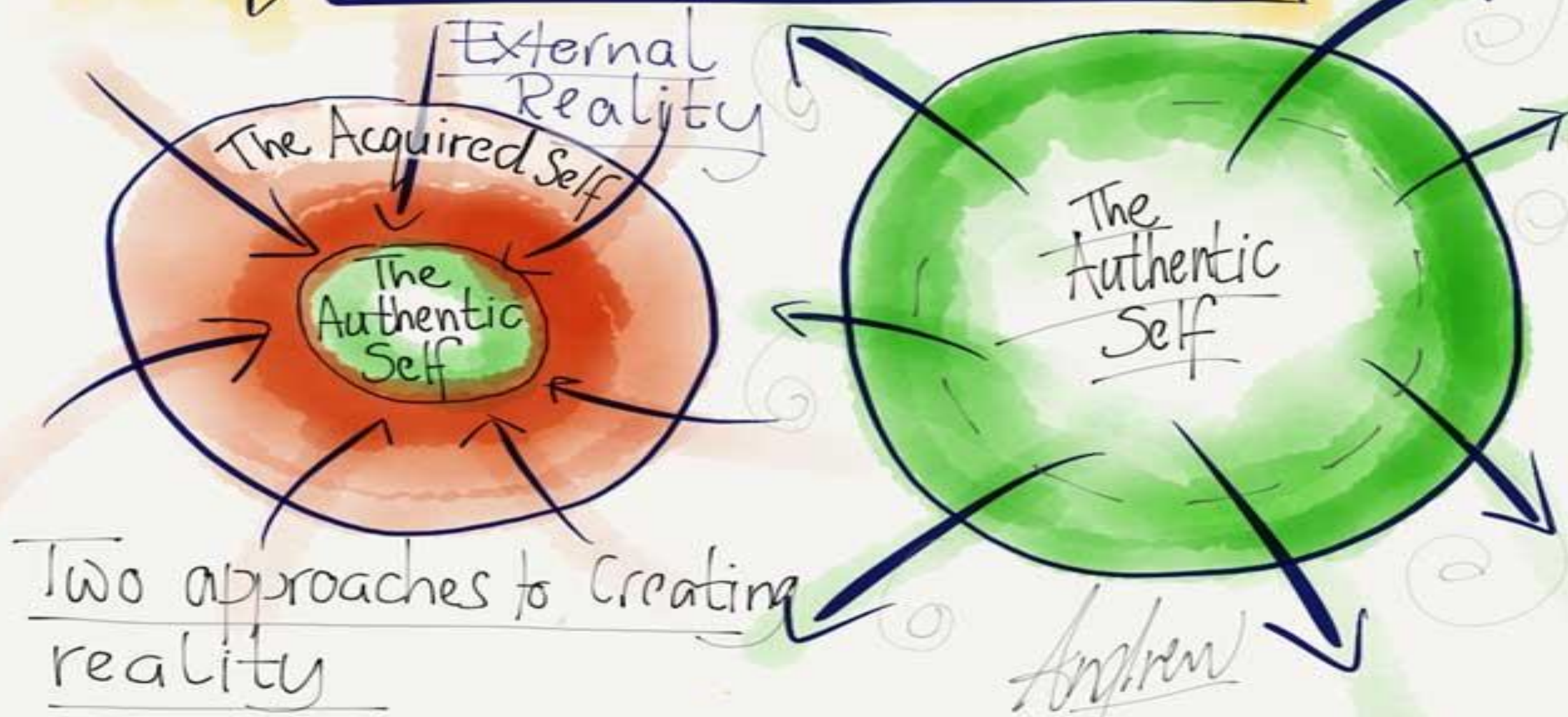
How Authenticity is Key in Improving your well-being


Mutsa Samuel

critical thought leader



Acquired Vs Authentic Self





Your Authentic Self is
Expansive, Creative and
Unselfish.

your authentic self



your authentic self

Definition of
Self

Productivity

Contribute to
Narrative






Definition of Self
Effective Communication
Your Personal Brand
Intention of Being

your authentic self

Effective Communication



Quality of life = Quality of
communication

Self-communication

your authentic self

Your Personal Brand

Personal Values

Your Mission Statement

your authentic self

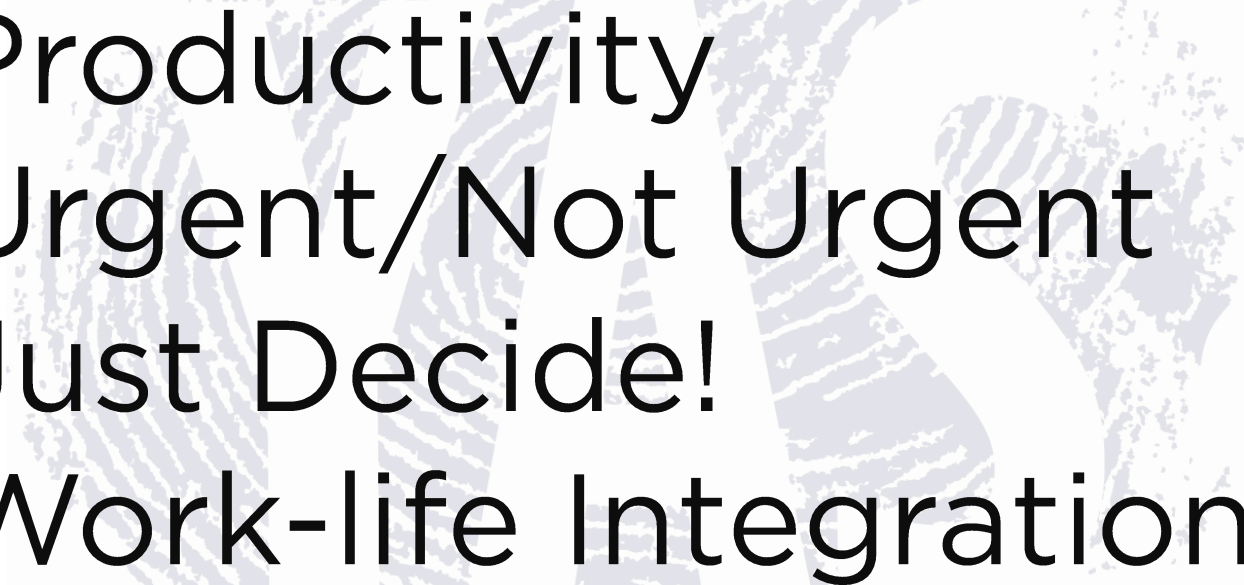
Intention of Being



The Power of Intention

Vitality- Your Life Force

your authentic self

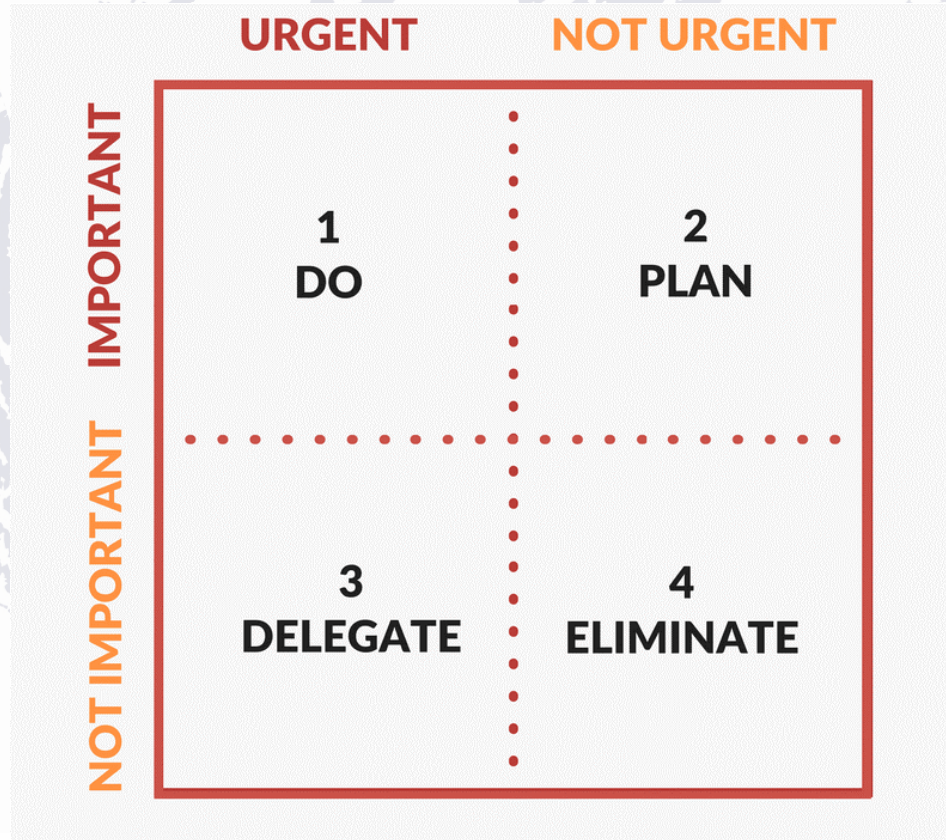


Productivity
Urgent/Not Urgent
Just Decide!
Work-life Integration

your authentic self

Urgent/Not-urgent

The Priority Quadrant



Just Decide!

Decision gives Focus

The Democrat and the Dictator


your authentic self

Work-Life Integration

Do not look for Balance!

Merge your whole Self

your authentic self



Contribute to the narrative
Praxis
Connect the dots
It's not about you!

your authentic self

Praxis



3D's of Praxis

Participate in Creation

your authentic self

Connect the Dots



Ideas are Expansive

Ideas like other Ideas!

your authentic self

It's not about you!



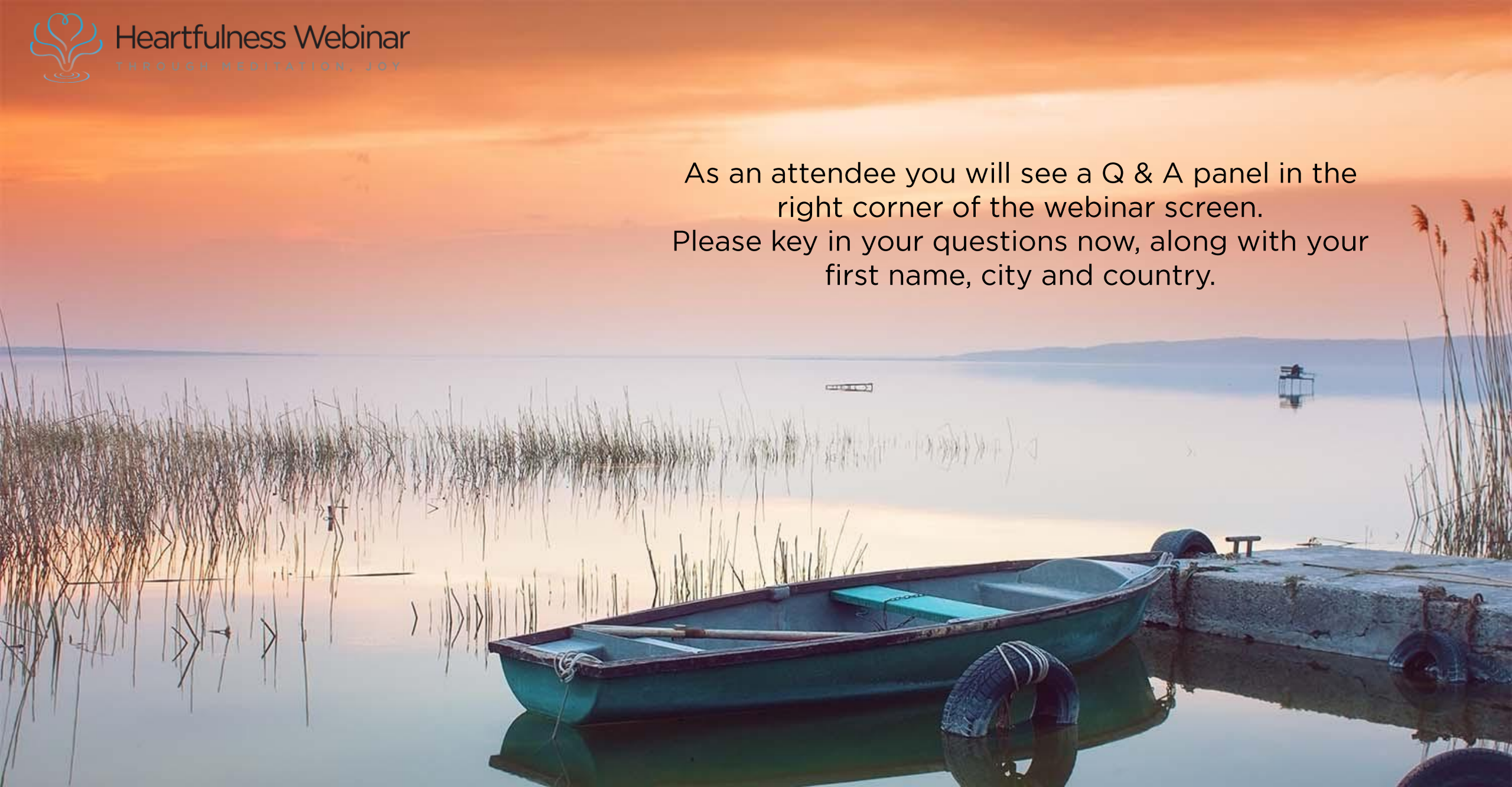


your authentic self

Thank you!

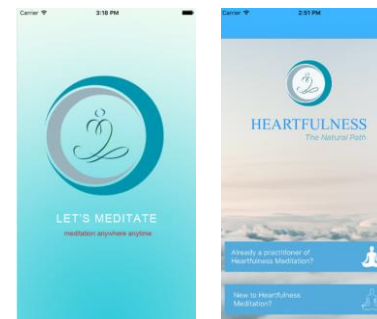
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As an attendee you will see a Q & A panel in the right corner of the webinar screen.
Please key in your questions now, along with your first name, city and country.

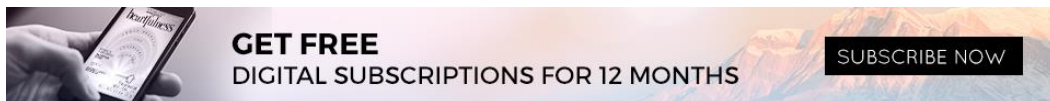


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Thank you for joining us today!