



“We are what we think.  
All that we are arises with our  
thoughts. With our thoughts  
we make the world.”

**Budha**

“Everyone has been made  
for some particular work,  
and the desire for that work  
has been put in every heart.”

**Rumi**



## WHO WE ARE

Experts in the areas of intervention such as behaviour, skills and processes.

Our team comprises of trainers with over 35 years of experience in sales, marketing, consulting, and training.

Realizing our fullest potential in passion, vocation, career and charity leads to personal satisfaction, comfort, contentment and fulfilment. Neglecting any of the four dimensions results in imbalance, disease and suffering. Mind Skills specializes in developing concepts and training programs that will empower individuals and organisations reach their fullest potential.

## VISION

Mind Skills' vision is to be a fabric for linking people, planet and profit by developing consulting and training methodologies for better human experience

## MISSION

Mind Skills' mission is to empower people to achieve peak performance at work and manage relationships with others effectively.



“I have become my own version of an optimist. If I can't make it through one door, I'll go through another door or I'll make a door. Something terrific will come no matter how dark the present.”

**Rabindranath Tagore**

“Whatever increases, decreases, limits or extends the body's power of action, increases decreases, limits, or extends the mind's power of action. And whatever increases, decreases, limits, or extends the mind's power of action, also increases, decreases, limits, or extends the body's power of action.”

**Spinoza**



## MIND SKILLS TRAINING

Each person has a unique `essence` or DNA which when accessed through mental and physical exercises, clarifies purpose, evokes passion, unleashes leadership, and harvests creativity. This process, called 'igniting your natural genius', will help transform individuals and organisations.

The ability of an individual to alter their own brain structure was first proposed in 1890 by psychologist William James. According to modern field of neuroplasticity, new brain cells and neural pathways are created through appropriate mental and physical exercises.

- ✓ “Mind skills training modules are developed by integrating modern neuro science and traditional Indian Vedic concepts to help organization and Individuals to unlock their full potential.
- ✓ We help individuals and organisations to use technology as a coach and data as a sixth sense to achieve peak performance and experience flow at work.
- ✓ We help organisations to better utilise their employees' talents and bridge gaps between their skills and customer expectations.



“There is nothing that training cannot do. Nothing is above its reach or below it. It can turn bad morals to good, good morals to bad; it can destroy principles, it can recreate them; it can debase angels to men and lift men to angels. And it can do any of these miracles in a year — even six months.”

**Mark Twain**

## Mind Skills' Methodologies

| Vedic tradition | Neuroscience                             | Mind Skills' Methodology                              |
|-----------------|--|---|
| Pragati         | Progress                                 | Triangle of well-being: mind, brain and relationships |
| Dharana         | Focus and concentration                  | Minding the brain                                     |
| Rituwa          | Synthesis of thoughts, words and actions | Conversational intelligence                           |
| Pranayama       | Breathing                                | Mindfulness and tapping Akasha                        |
| Asana           | Physical and mental exercises            | Mindfulness and ancient exercises                     |
| Abhyas          | Practice                                 | Use of mind movies, visualisation, binaural beats     |
| Artha           | Creation of balanced life                | Flow-differentiation and linkage                      |

## What will you gain

- ✓ Why you do what you do and how to change
- ✓ Develop STAR skills (Skills That Achieve Results)
- ✓ Experience flow in your work environment
- ✓ Focused attention, the hidden power behind success
- ✓ Achieve conversational intelligence
- ✓ Mindfulness
- ✓ Understand brain structure and ways of changing it for better living
- ✓ Importance of physical and mental exercises and the ways of improving
  - Systemic detoxification
  - Immune modulation
  - Hormonal optimization
- ✓ How to use technology as a coach and data as a sixth sense to achieve peak performance
- ✓ How to connect with people, planet, and profit for experiencing optimal flow

“Knowing others is intelligence; Knowing yourself is true wisdom. Mastering others is strength; Mastering yourself is true power.”

**Lao Tzu**



## OUR SERVICES INCLUDE

### Consulting:

We engage in a long-term strategic relationship with our clients where we conduct an exhaustive training need analysis and develop custom-made training programs for employees at various levels of an organization. The implementation of this program is closely monitored and constantly evaluated to meet the corporate objectives and eventually ensure enhanced performance linked to ROI

### Workshop:

We use relatively simple end to end processes to develop our training programs. The key to the success of this approach is that we collaborate with our clients at each and every step to ensure that the training program is well received by the intended audience and meets/exceeds the organisation's required goals.

### Education:

We conduct guest lectures for students, teachers, and parents on using neuroscience to ignite their peak performance and improve inter-personal relationships

“ If I have to reach where I have never reached, then I will have to take the path that I have never taken. If I have to achieve what I have never achieved before, then I will have to do the things that I have never done before. If I have to accomplish what no one has ever accomplished, then I will have to do what no one have ever done. ”

**Mahātrīa Rā**

### Contact Us:

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