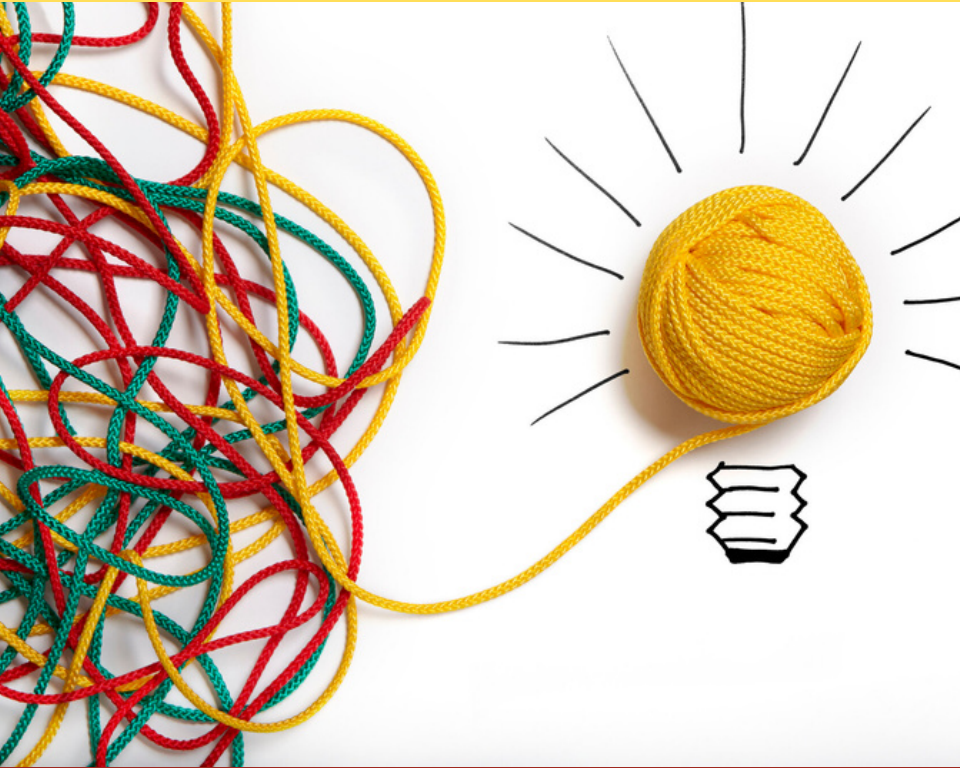


# MINDFULNESS- BE PRESENT

## JOURNEY FROM MIND FULL TO MINDFUL



BUILDING A CULTURE OF HAPPINESS / PURPOSE

UNLEASH YOUR GENIUS | MASTER YOUR MIND

### Core Values

Happiness / Wellness  
Creativity / Curiosity  
Deliver as a Team  
Excellence / Deep Work  
Respect

**Module** (6 Hours i.e. 4 Modules of 90 Minutes Each)

1. Know Your Purpose / Power of Attention - Now
2. Understanding Mind Full / Stress / Anxiety
3. Core 8 Essential Elements of Mindfulness
4. Attitude of Gratitude

**Target Audience** - Universal (Cognitive Work)

**MOST HUMANS ARE NEVER FULLY PRESENT IN THE NOW, BECAUSE UNCONSCIOUSLY THEY BELIEVE THAT THE NEXT MOMENT MUST BE MORE IMPORTANT THAN THIS ONE. BUT THEN YOU MISS YOUR WHOLE LIFE, WHICH IS NEVER NOT NOW.**