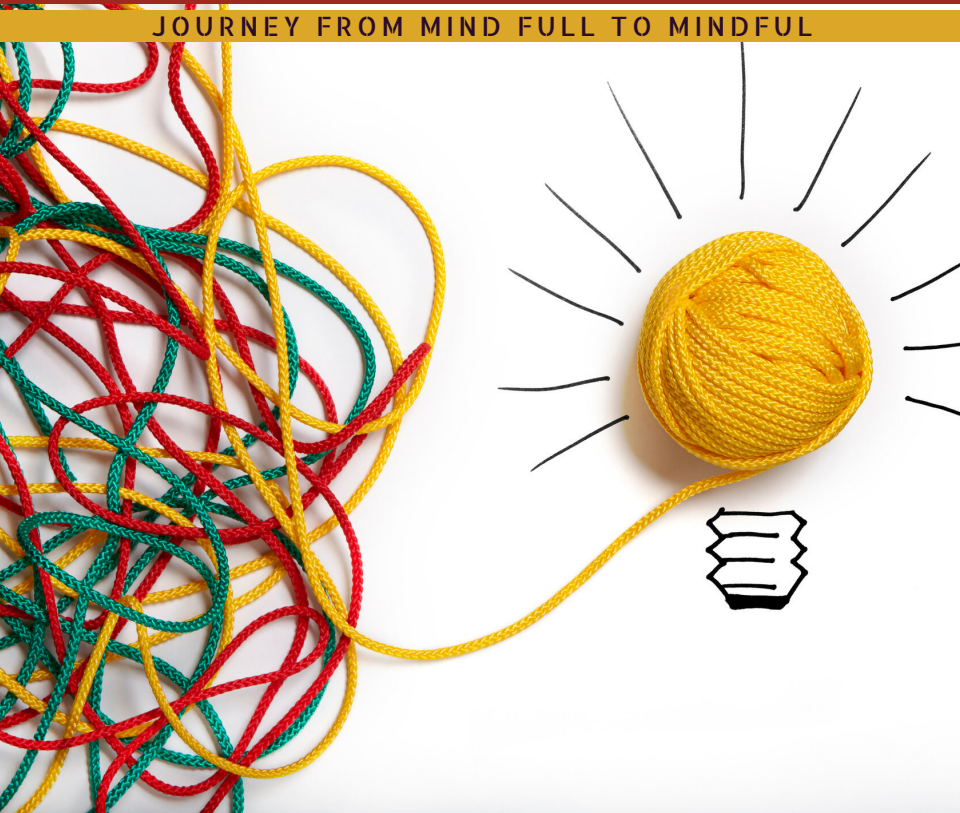


# MINDFULNESS- BE PRESENT

## 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 (Each 90 Minutes)

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)

O L E

ONLINE LEARNING EXPERIENCE



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