

## Programme on **ACHIEVE EXCELLENCE**

### *'A Way of Life'*

**Two Weekend, Fridays & Saturdays, July 21, 22 and July 28, 29, 2017 • 9.30 a.m. to 5.00 p.m.**

Torrent-AMA Management Centre • Core-AMA Management House, ATIRA Campus, Dr. Vikram Sarabhai Marg, Ahmedabad -15.

### *Integrating Behavioural Science, Neuroscience, Yoga Wisdom and Modern Research*

#### **The Aim of the Programme**

- To achieve higher levels of excellence through applied methods, systems and techniques
- To activate the four positive traits for achieving excellence
- To apply the system, the steps and techniques of achieving excellence

#### **What is the programme based on?**

'Traits' are certain attributes of our mind that influence us. There are eight mental traits – four positive and four negative, which, influence everything we do. They influence our thinking, actions, speech, behaviour, mind, work, relationships, performance and consequently our success, health, achievements and excellence.

For any efforts at achieving excellence to be successful, we must understand, activate and channelise the four positive traits of our mind. The four negative traits sabotage our very chances of higher achievements and are responsible for mediocrity in our lives.

#### **Contents**

- Understand the eight traits: Their role in achievement, excellence and failure.
- Why people do not excel?
- What makes only a few people excel?
- Realize the inter-relation and inter-dependence between Excellence and our Personality-Mind-Stress-Success-Happiness-Health link.
- Develop the four positive traits of the mind for achieving Excellence.

#### **Building the Foundation of Excellence**

- Apply the laws for achieving Excellence
- Discover Life Purpose, Values, Vision, Mission, Goals and their Achievement
- Inculcate Self-Discipline and Leveraging Time: Methods of developing the 'routines and rituals' of excellence.
- Experience Mind stilling, inner peace for better decision making
- Integrating Roles, Duties and Responsibilities
- Developing greater Self-Awareness
- Integrating the first positive trait for Excellence

#### **Learning and Developing the Competencies for Excellence**

- Acquire the Knowledge, Skills and Abilities for Excellence
- Handling the Body-Mind Complex – the basis of Excellence
- Techniques of right thinking for excellence to occur
- Understanding your Mind-type: The five types of minds
- The three less productive minds.
- Problems due to a lack of focus and why the mind is not concentrated and focused.
- The Habits, Qualities and characteristics of a focused mind
- How to cultivate the habits of Focus – a necessity for achieving excellence
- Develop Thinking Skills for greater Clarity and Effectiveness in life
- Explore the relationship between the Mind, Emotions, Concentration, Thinking, and Breathing
- The psychological root causes of all our mediocrity and problems
- Techniques for Self Control: Acquiring Self Management abilities
- Integrate the second positive trait for Excellence

### **Developing the Key Attitudes and Detached Involvement for Excellence**

- Acquire Optimism and a Positive Mental Attitude for achieving excellence
- The destructive emotions and Emotional Management techniques
- Build resilience to Stress: Techniques to relax the body and train the mind to relax
- Applying principles and techniques of– rest, relaxation and recreation
- Deepen The 'Faith Factor': Beliefs and Attitudes leading to Excellence
- How to remain committed and the levels of Detached Involvement
- Deepening Self Management abilities for Excellence
- Integrate the third positive trait for achieving Excellence

### **Raising the bar of Excellence**

- Overcome the thirteen blocks to Excellence
- The connection of Self Esteem, Self Confidence and Self-Mastery with excellence
- Acquiring Self Reliance
- Overcoming Resistance to Change and mastering change
- Developing Inner Strength, Endurance and Perseverance for higher attainments
- All-round health and Prevention of Disease for achieving Excellence
- Better Living – in personal, family, and professional work life
- Action Plan to remain committed to a better way of life and achieving excellence
- Integrate the fourth positive trait for achieving Excellence

### **Who will benefit from attending this programme?**

Managers from all functional areas, Entrepreneurs and Professionals.

### **Duration: 4 days**

July 21,22, 28,29, 2017 (Fridays and Saturdays)

**Timings:** 9.30 am to 5.00 pm

### **Facilitator-Trainer:**

**Mr. Kartik Vyas** is the founder of Potentials Unlimited Coaching & Training International, Mumbai. A versatile executive coach, consultant, corporate facilitator-trainer and keynote-motivational speaker, Mr. Vyas's rich 27 year career as a professional in Management, Personal and Spiritual Development has encompassed a wide range of subjects in the fields of Executive Coaching, Human Potential Development, Communication Skills, Leadership, Yoga Psychology and NLP. As an Executive Coach, he coaches people at senior and top management levels, using brain based coaching processes of the NeuroLeadership Institute, USA. He has worked with all levels of management – CEO's, Directors, Presidents, V.P.'s, G.M.'s as well as middle level managers and high potentials executives. He is a licensed and Associate Certified Coach by the International Coach Federation – ICF, USA.

### **Registration Fee:**

Rs.6000/- per participant inclusive of Service Tax. (Concession for members 10%, patron members 20%). Fee includes course fee, cost of reading material, lunch and refreshments. The cheque may please be drawn in the name of '**Ahmedabad Management Association.**'

### **Registration**

Please send your registration along with participation fee to:

#### **Ahmedabad Management Association**

AMA Complex, Dr. Vikram Sarabhai Marg, Vastrapur, Ahmedabad 380 015

Phone:079-26308602,3, 4 & 5 • Mobile: 9537407187, 7069940917 • Fax:079-26305692

E-mail: ama@amaIndia.org • Website: www.amaIndia.org

Mobile App: AMA-Ahmedabad amaIndia.org



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### REGISTRATION FORM:

Please fill-in and return this form along with participation fee to:

**Ahmedabad Management Association**

AMA Complex, Dr. Vikram Sarabhai Marg, Vastrapur, Ahmedabad 380 015

Phone:079-26308602-5 • Mobile: 9537407187, 7069940917

Fax:079-26305692 • E-mail: ama@amaindia.org

Website: www.amaindia.org

Mobile App: AMA-Ahmedabad amaIndia.org

Cheque should be drawn in favour of "Ahmedabad Management Association".

**Name(s)** \_\_\_\_\_ **Position** \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

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Organization: \_\_\_\_\_

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**Telephone(s):** \_\_\_\_\_ **Mobile:** \_\_\_\_\_

**Fax:** \_\_\_\_\_

**E-mail:**