



A godsend! Brilliantly contextualized, practical and effective for high octane professionals.

—Senior Managers, Delhi Circle



The 40 participants gave Harmony's 8-hour programs an overall score of 4.8 out of 5. That's something very few actually manage at TTML! Congratulations!

—Sameer Shah, Head - Learning & Development, Tata Teleservices (Maharashtra) Ltd



Given the turbulent times of the present business scenario, the workshop was well timed and was very well received by the participants. We are grateful to Harmony for such a wonderful experience.

—Soma Mukherji, Deputy Director, Eastern Region



Managers at the Royal Bank of Scotland found the energization exercises extremely effective in managing stress and enhancing effectiveness at work. They have been able to immediately incorporate the 10-Minute Recharge into their lives.

—Latha Gupta, Head of HR, India Development Centre



Harmony at Work provided unique and deeply relevant insights, as well as breathing, yoga and meditation techniques. The impact was immense and now we have them every week with us to continue what they started. This initiative is driven by our CEO and leadership team.

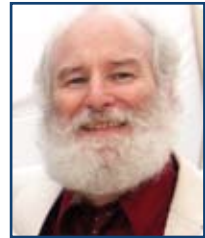
—Raghuram Reddy, Director - HR, Asia Pac Staffing and Mobile Device South West Asia



Trainers



Dharmaraj Iyer, CEO, graduated from MIT with a Masters Degree in Computer Science. He spent several years in computer research, consulting at AT&T Bell Labs, Xerox PARC, National Semiconductor, and AOL. He and his wife moved to India in 2006.



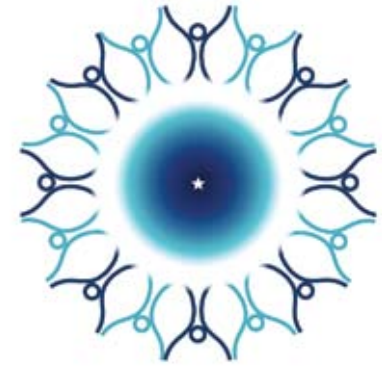
Haridas Blake, Director, is a founding member of Ananda Sangha, an internationally recognized NGO, having joined in 1970. He has helped manage several of Ananda's international retreats, businesses, and residential communities. Haridas has taught professionals throughout America, Europe, and India a wide range of subjects.



Roma Blake, Director of Corporate Social Responsibility, conducts free programmes for NGOs, schools, and communities. She has taught techniques for meditation and daily living to adults and children for over 30 years through Ananda Sangha. Roma and Haridas have a grown daughter who works as a schoolteacher in California.



Ruby Bhushan, Trainer, completed her BE in Computer Science from MNREC Allahabad and her PGDM from IIM Ahmedabad. After working for several years for companies including Whirlpool and Henkel, she worked as a marketing consultant in the real estate and education sectors.



Harmony at Work

Recharge Yourself in 10 Minutes—and more!

“Right attitude is not merely produced by success: it actually attracts success. Within ourselves we have the power to emerge smiling from the greatest defeat, and to go on to achieve shining victory.”



Harmony at Work

+91-9873408784

www.harmonyatwork.in info@harmonyatwork.in

Harmony Leadership Solutions, Pvt. Ltd.
40 years in America, 20 years in Europe.
Now in India.

Learn to Recharge Yourself in 10 Minutes

Our most popular programme; a good place to start. You will learn:

- A set of exercises you can use to release physical tension and regain energy
- Techniques to calm and concentrate your mind
- How to do it all in 10 minutes!

The Art of Magnetic Leadership

As leaders, we are often called upon to make decisions based on sketchy data and constantly changing conditions. We sometimes face the task of finding the right words to motivate a team member who is discouraged or unproductive. And constantly we need to challenge ourselves—and work with each other—to reach new levels of success.

You will learn:

- Techniques of magnetic leadership
- Techniques that give energy to your team
- How to tune into your own intuition for guidance

*“A positive attitude depends far less on things going right outwardly than on an inner determination to **be happy always**. More often, such an attitude is the **cause** of good fortune, not merely a result of it.”*

The Importance of Right Attitude

You will learn how to:

- Develop right attitudes
- Magnetize success through attitude and willpower
- Be solution-oriented rather than problem-oriented
- Concentrate on energy flow, rather than specific results

Our lives are full of challenges—whether from work, home, or the daily commute. Even success brings its own challenges—the pressure to maintain and exceed, for example, or being pushed into a new role full of unknowns. Our universal need today is for **more energy**. With increased energy we gain more creativity, focus, and happiness—which we can share with our teams, and our families.

“Why do certain people seem to exude an aura of success? One cannot easily imagine them failing at anything they try. They have the magnetism to attract what they want in life, whether answers to questions, solutions to problems, or opportunities they need for success.”



Sample Full-Day Schedule

Learn to Recharge Yourself in 10 Minutes!

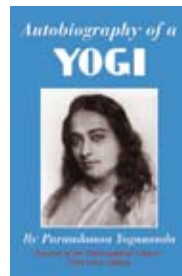
- 10:00 Talk: *Tapping your inner resources*
- 10:45 Technique: *Energization Exercises*
- 11:30 Talk: *The Anatomy of Your Brain*
- 12:00 Tea break
- 12:15 Technique: Meditation: Increasing concentration
- 1:00 Technique: 10-Minute Recharge
- 1:30 Lunch
- 2:00 Interactive: Simulations on acting vs reacting
- 3:00 Technique: Review 10-Minute Recharge
- 3:30 Talk: Time Management
- 4:15 Tea break
- 4:30 Talk: Taking it back to the office
- 5:15 Technique: 10-Minute Recharge
- 5:45 Evaluations and Goodbyes

We suggest a maximum group size of 25 participants to allow for individualized attention, including one-on-one discussions during the breaks. However, we are happy to work with a group of any size.

We work with you to customize our talk topics and interactives to suit the specific needs of your people.

Harmony at Work is dedicated to leading individuals and organizations toward greater balance and success. We share tested insights and practical techniques that can be put to immediate use.

We base our offerings on the universal teachings of Paramhansa Yogananda, author of *Autobiography of a Yogi*. Yogananda's teachings have applied specifically to productivity and success by his direct disciple, Swami Kriyananda, in the course *Success and Happiness through Yoga Principles*. These teachings have been developed for 40 years in America and 20 years in Europe. Our training sessions are interactive and non-religious in their approach.



One core deliverable from our programs is a **10-Minute Recharge** routine that participants can practice at home and the office. This routine helps the practitioner to release tension, raise his or her energy, and increase calm and concentration.