



Wellness for the
Workplace



AI - Mind *Matters*

About Art of Living Corporate Programs



- APEX is the corporate training arm of the Art of Living. Art of Living is the world's largest volunteer based NGO, with a presence in over 150 countries
- Proceeds of the APEX Program support the Art of Living service initiatives including free education for over 60,000 students, river rejuvenation, women empowerment and disaster relief
- APEX Programs focus on transformation of individuals and teams in the work place through its
 - ✓ Wellness programs
 - ✓ Leadership programs
- The programs focus on building high performance teams and inspirational leaders
- We have touched over half a million employees across 450 organizations and growing.



Mind Matters and AI through spirituality



- In today's digital and internet world, the pressure on individuals and organizations to perform better and faster is ever growing. As current trend of AI/ML is taking control over all activities. This increasing pressure makes it difficult for individuals to live their lives in a harmonious and balanced manner.
- How Artificial intelligence makes the computer or computer-controlled robot able to perform tasks that are commonly associated with the intellectual processes characteristic of humans, by studying the patterns of the human brain and by analysing the cognitive process. Similar way, human body works on data, mind, intellect, memory, self.
- Both AI and spirituality shows structure but AI lacks in deep experiential awareness.
- Spirituality can experience with both consciousness and emotions.
- AI can find solutions with factual limited data available. Whereas, human brain acts out of the box to find a solution.



Mind Matters and AI through spirituality

APEX
INSPIRING INDIVIDUALS
TRANSFORMING ORGANIZATIONS



- The way out of the current challenges is Energy & Mind Management .
- An individual who is mindful is self-aware, centered, in harmony with himself/herself, happy, in the present moment and has a serene mind.
- AI and spirituality have similarity such 7 types.
- Both works on mind, intellect, memory, self. Though still AI doesn't need self awareness.
- AI has extended content, chat bot, gaming, security but AI can't without human intuition.
- With spirituality, human mind can have intuition, human body scanning and so on.
- The Mind Matters session provides a practical introduction to the significance of breath and meditation and leaves participants with increased energy, awareness & a sense of well-being.



Mind Matters

60 min

This program gives a rich glimpse into the potential of one's own mind and energy, instantly creating a **crystal-clear state of mind** and a **burst of enthusiasm**.

Benefit:

- Inner peace, in a few minutes
- Get recharged instantly
- Create space within to handle dynamics outside
- Takeaway tools: easy-to-integrate, simple and practical: our vast set of online resources is at your disposal

INDICATIVE CONTENTS:

- An interactive dialogue and exercise on Mind & Energy Management : what it is and how it enhances clarity of mind
- Use of the 7 Levels of Existence & 4 Sources of Energy model to demonstrate the link between mindfulness and professional excellence
- Practical experience of takeaway tools that facilitate the state of mindfulness – breathing techniques & meditation
- A facilitated group discussion on the sources of life energy and lifestyle choices – food, sleep, use of leisure time and how they impact the clarity of mind and quality of work.
- **Live demo of intuition process and scanning.**
- Open House: a Question and Answer session

TESTIMONIALS

- “Incredible how much was packed into just 60 minutes”
VP @ Western Digital
- “Absolutely the need of the hour right now” HR @ Aptiv
- “This is exactly what the team needed in this time of uncertainty” HR @ Adani



Mind Matters – AI



- An interactive dialogue and exercise on Mind & Energy Management : what it is and how it enhances clarity of mind
- Use of the 7 Levels of Existence & 4 Sources of Energy model to demonstrate the link between mindfulness and professional excellence: better decision making, higher focus and concentration, improved managing of adverse situations
- Practical experience of takeaway tools that facilitate the state of mindfulness
 - Power breathing techniques
 - Yogic stretches
 - Guided meditation
- A facilitated group discussion on the sources of life energy and life style choices – food, sleep, use of leisure time and how they impact the clarity of mind and quality of work.
- **We can demonstrate intuition process and also scanning from Art of Living team**
- Open House: a Question and Answer session
- Leadership & Communication themed processes



Some Client Endorsements - Mind matters

Dhaval Gohel, Sr
Manager, Terex

"I found Mind Matters very effective. it will be really very useful in daily life for practice and making habits of it for improve health by using it"

Prasad Akolkar, Sr
Manager, Terex

"Very useful program. It will change the way we face the challenges in life"

Venkatesh Iyer,
Axis Capital

"Too good for the time required"

Vivek Sharma,
General Manager,
Reliance Jio

"Exceptional Program...which is helpful to feel relaxed and focused"

Clients (Partial List)



Clients (Partial List)

