

Mann – The Mind

Academy Profile

OUTCOME FOCUSED TRAINING



feeling good!

Mann
The Mind
Academy

Leading Emotional & Spiritual
Intelligence Trainer & Life Coach



www.drVIPulVyas.com

| Consistently Outstanding Feedback

FEEDBACK SCORE OF SENIOR MANAGERS (UP TO CEO LEVEL)

on a scale of 5



The written feedback from most participants has two comments in common:

- 1) Strong recommendation for the MDP
- 2) Wanted to attend more trainings of The Mind Academy by Dr. Vipul Vyas





- Over **11,000** professionals trained in **120** organizations during the last **26** years
- **Clientele include** – TATA, ISRO, L&T, RBI, Amul, DRDO, HAL, Sun Pharma, Kotak Life, HWB, ITBP, Godrej, Glenmark, BRO, Zydus -Takeda, Adani Power, Emerson, Management Associations (Bombay, Kerala, Trivendrum), etc.
- Invited by **25** Universities and **25** reputed educational institutes
- MDPs/Workshops delivered in **33** cities pan India
- **Signature MDP:** Personal & Professional Effectiveness through the Power of Emotional & Spiritual Intelligence (ESI)
- **Faculty:** **Prof. (Dr.) Vipul Vyas**, MBA, Ph.D. (EQ), Director, Senior Facilitator & Life Coach
- USPs are –
 1. Doctorate in Emotional Intelligence (**2005**)
 2. Latest research-based content blended with **age-old Indian wisdom**
 3. **Post-training 45 days** of support with 2 or more days of MDP
 4. Clients often recall the experience as being **sort of a spiritual makeover**

The Mind Academy offers
‘Emotional & Spiritual Intelligence’
(ESI) based customized HR training solutions enabling organizations in achieving their corporate objectives and empowering individuals to unlock their total potential.

We are the only training firm
in India to offer a
**4+ feedback
guarantee**
on a scale of 5.

If participants rate us less than 4,
we will not charge our facilitation fee
to the client.



VISION

Create Yogi-Mindset for self and for others in all walks of life

MISSION

Educate self and stakeholders on how to transform from
a self-focused tendency to service-focused intentions
without compromising on goals

VALUES

- Honesty – Being truthful, sincere, and frank
- Excellence – Offer the best in every action
- Equanimity – Keep mind composed and focused
- Service – Feel for others & offer more

| Our process is easy and simple

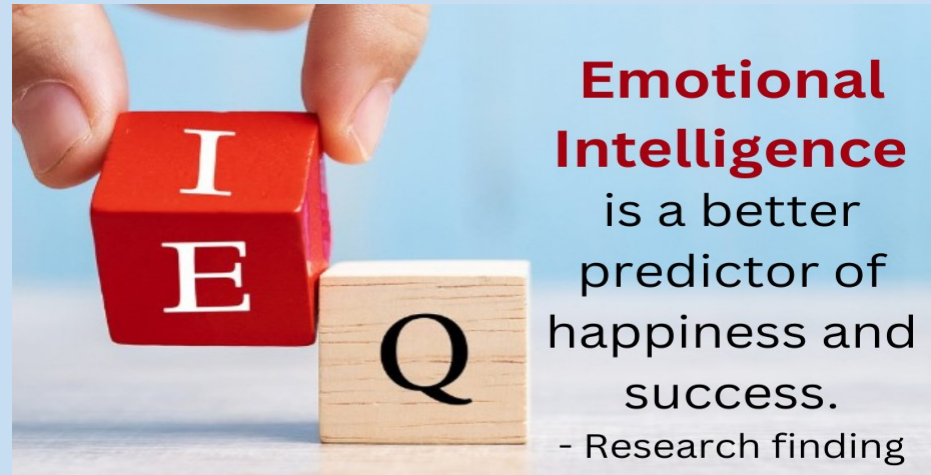
Pre-training survey & diagnosis to understand precise training needs followed by defining & confirming measurable criteria

Customizing content to meet the criteria and delivering transformational experiential learning

Post-training support and assignments to transfer the learning to the workplace and the life

“Mindset with which you meet your situation decides, how your situation meets you.”

– Dr. Vipul Vyas



Emotional Intelligence is a better predictor of happiness and success.
- Research finding



Communication Skills



SPIRITUALITY
AT THE WORKPLACE



Self Motivation



Mindfulness Meditation





BASIC

One day - EI MDP

[Fundamentals of **4 modules**

(Self Awareness, Self Management, Empathy and Relationship Management)

with easy tools and techniques to effectively apply emotional intelligence in daily life.]



STANDARD

Two days MDP

[**7 essential modules**

(BASIC + Communication Skills, Self Motivation, and Stress Management)

for success in the work and life without compromising on happiness & health.]



ADVANCE

Recommended

Three days MDP

[Advance level package with thorough content for **10**

modules (STANDARD + Time Management, Healthy Lifestyle and Work-life

Balance) for personal and professional effectiveness.]



MASTER

Five days ELM** Course

[Mastery level comprehensive and intense course of **15**

modules (ADVANCE + Leadership Skills, Easy Meditation & Simple Pranayama, Re-programming of the Mind, Happiness-Attitude, and Practical Spirituality) for

success, happiness, health and beyond.]

* All MDPs can be divided in half-days for the convenience of employees and organizations.

* ESI- Emotional & Spiritual Intelligence, ** ELM – Essentials of Life Management



Experiential learning activities for attitudinal transformation



Bias-free intense self-enquiry



Management games, Role play & Case Studies



Practical demonstration to develop competencies of ESI and of Life Skills



Detailed discussion using real life examples & movie clips



Self Assessment Tests and developing customized self-improvement Action Plan



Tailored to your needs

Our modules and tools are time-tested and well researched. However, we would customize modules and tools depending on the clients training needs to make it more relevant and effective.



* If you get the inside right, the outside will fall into place. – Eckhart Tolle

INDIVIDUAL BENEFITS

- Self Awareness and Self Regulation lead to **emotional immunity and resilience** reducing negative emotions like – stress, anxiety, insecurity, dissatisfaction, overthinking, guilt, fear, or sadness
- **Empathy and Understanding** others lead to a healthy communication and a positive attitude
- More **engagement, job satisfaction, and better interpersonal relations**
- Confident & composed behavior resulting in feeling more **positive about self, leading to better decision making and accountability**
- The right **balance of Work & Life** and also empowerment to develop healthy habits
- Getting connected to the **higher purpose of life**

ORGANISATIONAL BENEFITS

- Emotional literacy **reduces aggression & negative behavior leads to a motivated work-culture**
- **Unbiased and healthy communication reduces conflicts** & leads to a productive happy workplace
- An engaged and satisfied environment improves **teamwork, job commitment, and innovation** while **reducing absenteeism and health related costs**
- The overall quality of workplace experience and life experience gets enhanced leading to **reduced employee turnover**
- Irrespective of adversity and challenges in the market, organisation continues to keep the **focus on adaptation, solutions & targets**
- Branding of the organization as the **best-place-to-work**



• Rationale

- To transfer the learning in the personal and professional life
- To strengthen insights and encourage application of the newly gained knowledge
- To deepen learning by systematic self designed customised action-plan



• Method

- Self paced learning up to 45 days
- Weekly easy to complete less than 10 minutes of assignment
- Daily reminder in WhatsApp group about new learning / small tasks to sustain learning
- Self-reflection data sheets / worksheets

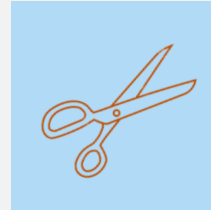


Talk to us

You can reach us by phone on +91 90040 432 97 (Mon – Fri, 9 am to 6 pm)

We will always be happy to share our experience with you and suggest right path for effective training for your team.

Call: +91 90040 43297



Get a tailored quotation

To request a tailored quotation for your in-company Emotional Intelligence training, please share the following information:

- Location of the training
- Number of participants & batches
- Number of hours

Email: contact@drvipulvyas.com



Ask us a question on WhatsApp

If you would prefer to request a call from us, or get in touch outside office hours, WhatsApp is the quick and best option.

We will respond with the information you need.

WhatsApp: +91 90040 43297

| Select Private Sector Clients



| Select Public Sector Clients



ITBP Academy



BARC



श्रमेण सर्वम साध्यम
Border Road Organisation



A GOVT. OF INDIA ENTERPRISE
touching lives, adding value



1. Aligarh Muslim University
2. Amity University
3. Atmiya University
4. BPS Mahila University
5. Central University Gujarat
6. Devi Ahilyabai Vishwavidyalaya
7. DDU Gorakhpur University
8. Gujarat University
9. GJ University of Science & Technology
10. GSFC University
11. Jawaharlal Nehru Technical University
12. Jawaharlal Nehru University
13. Karnataka University
14. Punjabi University
15. Rani Durgavati Vishwavidyalaya
16. Sardar Patel University
17. Saurashtra University
18. Shri Ravishankar Shukla University
19. Veer Narmad South Gujarat University
20. University of Lucknow
21. University of Madras
22. University of Mumbai

22 Universities Served!

The Mind Academy is celebrating a milestone!

22 Big THANK YOU!

Contact us for our signature FDP
or Student Development Programmes

The Mind Academy

www.drvipulvyas.com



* Additional 23 reputed institutes and bodies have invited us like IIT Madras, IRMA Anand, and SVNIT Surat.

| Glimpses from our MDPs*



L&T with operations in 50 countries having \$ 19033 million turnover in 2021 is a **2nd strongest global** engineering & construction brand.

* L&T repeated invitations for 4 batches

| Glimpses from our MDPs



ISRO, Sriharikota



The Indian Space Agency - ISRO launched Chandrayaan-1 in 2008, purportedly the first probe to verify the presence of water on the Moon and the Mars Orbiter Mission in 2013, the **first Asian spacecraft** to enter Martian orbit; was the first space agency in the world to succeed at that on its first attempt.



Amul, a brand of dairy cooperative from India is **ranked 8th in the world** with daily milk procurement of approximate 26.3 million liters per day from 3.64 million milk producer members.

* Amul repeated invitations for 9 batches

| Glimpses from our MDPs*



RBI is the central bank of India – the **3rd largest** economy in the world in terms of PPP.

CAG is the **supreme audit institution of India**, empowered to audit the Central & State Governments.

* CAG repeated invitations for 18 batches



Zydus is **Fortune India 500** and **Takeda is Fortune Global 500** list companies.

Glenmark is **#1 fastest growing** pharma company in Indian pharma market and **15th largest in US.**

* Glenmark repeated invitations for 2 batches

| Glimpses from our MDPs*



DRDO is the **premier R&D wing of Ministry of Defense**, Govt of India, with a vision to empower India with cutting-edge defense technologies run by 30,000 senior and young scientists and technicians.

* DRDO repeated invitations for 6 batches

| Glimpses from our MDPs



HAL - **Fortune Global 100 companies**, is an Indian state-owned aerospace and defense company making arms, weapons, military planes and equipment having revenue of \$3.2 billion in 2022.

| Glimpses from our MDPs



IIT Madras is institute of national importance in higher technological education, basic and applied research and is **#1** in overall category by NIRF ranking in India.

SVNIT is **ranked #1** National Institute of Technology in Gujarat, India.



With ITBP 2nd In Commandants

The Indo-Tibetan Border Police (ITBP) is a **premier border security police force**, which guards 3,488 km long India-China borders ranging from Ladakh to Arunachal Pradesh at altitudes ranging from 9,000 ft to 18,800 ft where temperatures drop to minus 45 degrees Celsius in extreme winters.

| Glimpses from our MDPs



Sun Pharmaceutical Industries Ltd. (Sun Pharma) is the **#4th largest specialty generic pharmaceutical company in the world** with global revenues of over US\$ 5.1 billion.

* Also SPARC of Sun Pharma invited for 2-day MDP at Mumbai



IndianOil



Training Program on "Motivating Self for Success"



Date: 26th - 28th September 2019

Venue: IMCL

Learning & Development, Western Region



Indian Oil is **Fortune Global 500** and **#1 in India** with a net profit of 6.1 billion in 2020, and is India's largest integrated and diversified energy 'Maharatna' company.

* IndianOil repeated invitations for 3 batches



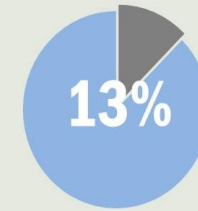
Advantages of EQ in the Workplace



© International Language Institute

87%

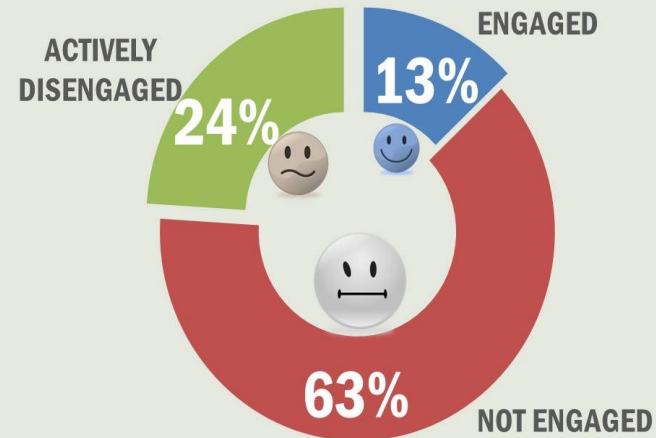
OF EMPLOYEES WORLDWIDE
ARE “NOT ENGAGED” OR
“ACTIVELY DISENGAGED”



1 in 8



employees worldwide are engaged and committed



NOT ENGAGED

Meaning they lack motivation and are less likely to invest discretionary effort in organizational goals or outcomes



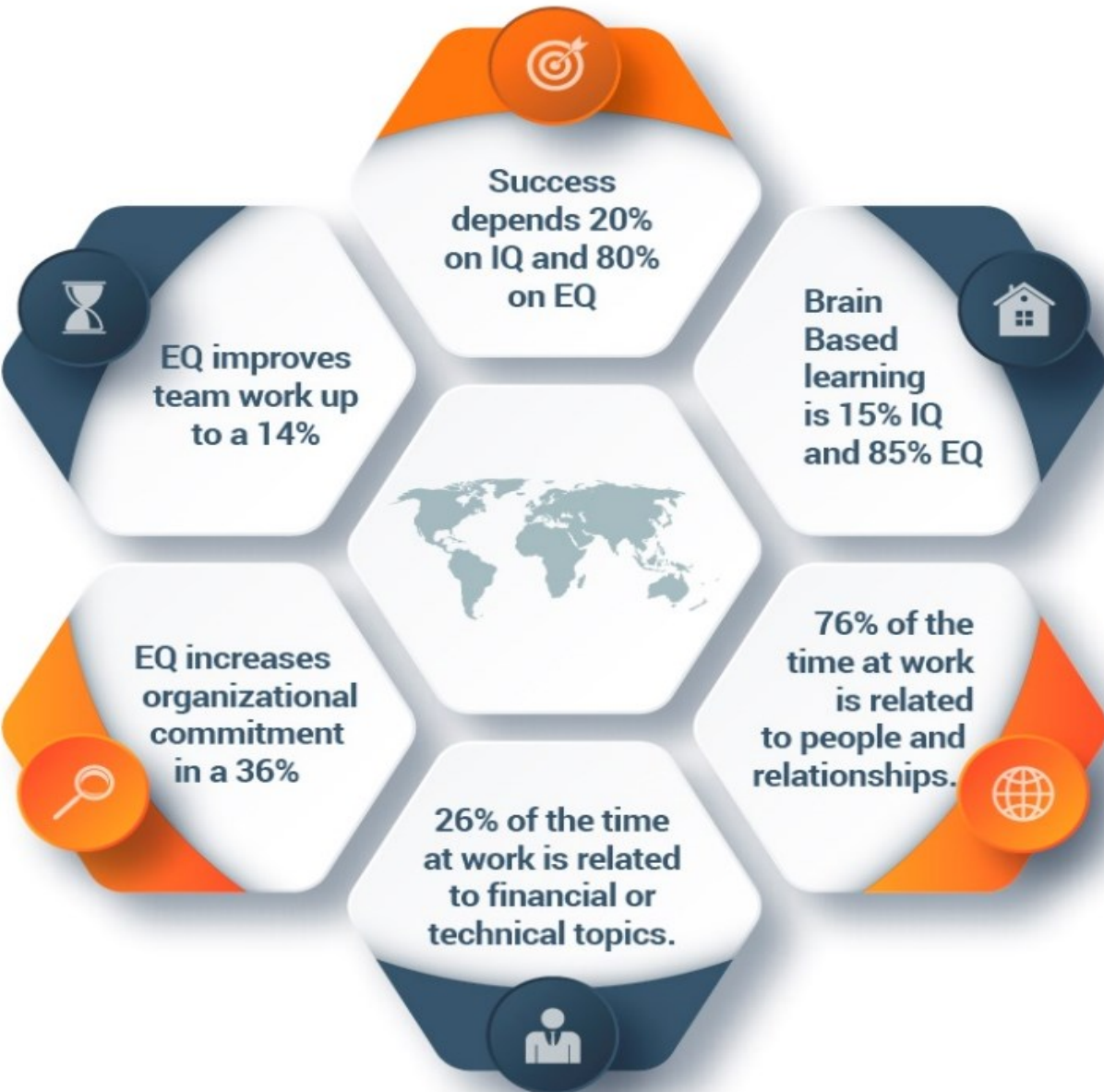
ACTIVELY DISENGAGED

Indicating they are unhappy and unproductive at work and liable to spread negativity to coworkers



ENGAGED

Psychologically committed to their jobs and likely to be making positive contributions to their organizations



91%

of employers state the importance to continue improving emotional intelligence

20%

of companies measure EQ in the hiring process.

58%

EQ is responsible for 58% of your performance at work!!

90%

of high performers have HIGH EQ



“very good learning during the training and also very inspiring”. - **Shri S. Pandian, Director, Satish Dhawan Space Centre, ISRO**



“highly energetic, knowledgeable and expert in making ease in understanding”. - **Shri Amit Vyas, MD, Amul**



“very appreciative of the training content and your presentation skills, the participants have not only been unanimous in recommending the workshop for their colleagues”. - **Shri Guljari Lal, Director General of Audit (Central), CAG**



“The session helped to realize the power of EI, it is the right way to control flow of thoughts, improve interpersonal skills, so that life at workplace can be better and productive”.

– IT Manager, L&T



ITBP Academy

“Asst. Commandant and Commandant were highly impressed found your talks extremely relevant and exceedingly motivational, that instilled a strong sense of accountability and patriotism in them”.- **Shri P. S. Dangwal, IG/Director, ITBP Academy**



“Your expertise was exceedingly cherished by everyone and content of the session was insightful and effective”.

- **Shri Sunil Desai, HR Head, Zydus-Takeda Healthcare**



“Feedback from the senior leadership was ‘Commendable and Excellent’”. - **Shyam Iyer, Head, HR, TATA Power SED**



“The workshop has opened up a new realization on how Emotional Quotient is more vital than Intelligence Quotient and the possibility of developing it at any age”.

- **Shri Neville H Wankadiaa, Senior General Manager (Service), Godrej Material Handling)**



“The presentations were inspirational and life changing”.

- **Shri BHVS Narayana Murthy, DS and Director, RCI, DRDO**



IndianOil

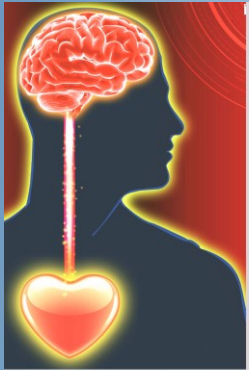
“The presentation and management activities were highly motivating and was a life transforming experience for many participants”. – **Shri Ashis Tripathy, Chief Manager (L&D), WR, Indian Oil Corporation**



“Great Session, very insightful, learning has excellently helped me in becoming better professional and human being”. – **Shri Ketan Desai, Director, HR, Emerson Climate Technologies (India) Private Limited**



“The training is awesome and the presentation skill of Dr. Vyas is outstanding, the examples that given during session is remarkably good”. – **Shri Shailesh Ghag, Manager, R&D, Godavari Biorefineries Ltd.**



TM

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