

WORKSHOP "SELF TRANSFORMATION THROUGH MIND MANAGEMENT "



Personal Development is a Choice You Make!

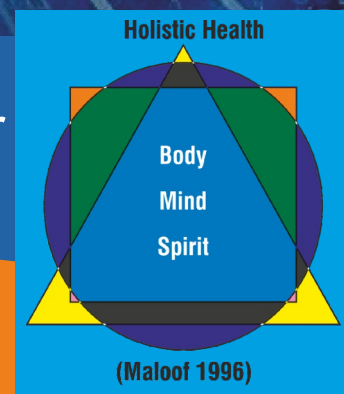
Discover The

**Limitless
Positive Potential of Your
Mind**

**THROUGH PSYCHO-NEURO
SCIENTIFIC TOOLS**



Lead a life of peace
and harmony



HENS BERGER CENTRE FOR MIND MANAGEMENT AND GROWTH

J-G01, SHALIMAR GALLANT, MAHANAGAR, LUCKNOW - 226006 (U.P.)

Cell : 8874311117, 9335923956 E-mail : mindhens@gmail.com

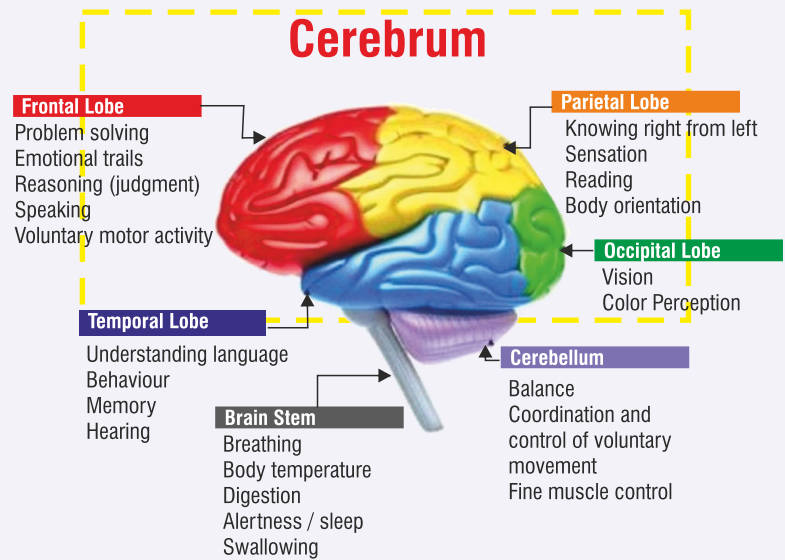
SELF TRANSFORMATION THROUGH MIND MANAGEMENT

PART-1. Brain, Mind & its

Physiology

1. Structure & Functioning of Brain and Mind
2. To Unlock Immense Potential of Senses, Conscious & Sub-Conscious Mind
3. Afflictions of the Mind and their Cure With new emerging concept of WHO
4. Hormones and Mind relationship
5. Strengthen your Neuroplasticity in habit forming
6. Ralf-Waldo Theory for Achieving Success

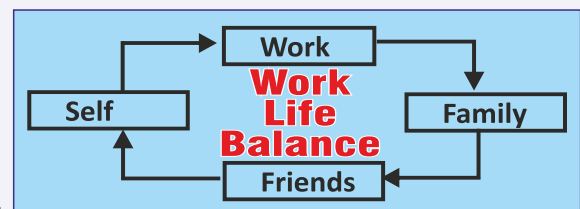
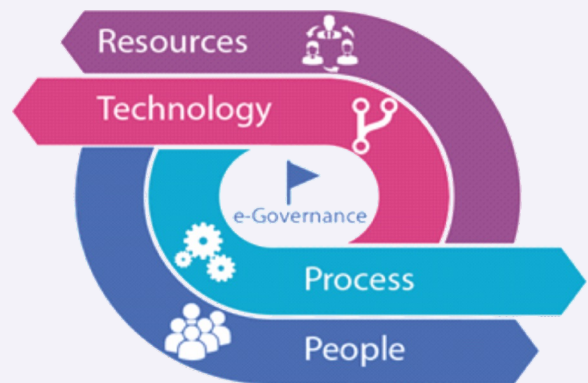
FUNCTIONS OF BRAIN



PART-2. Holistic approach for Self

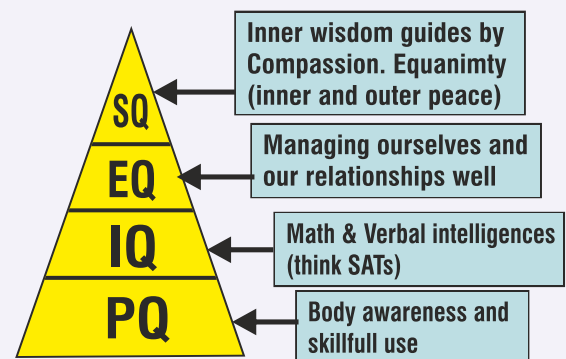
Transformation

1. Balancing connection of internal and External Word
2. Stress Management
3. Management of endless Desires
4. Work-Life Balance
5. Time Management
6. Managing your Work-life Balance (By using Role of e-Governance (ICT) & (BPR) Business Process Re-engineering)
7. Lack of Motivation
8. Improving your PQ, IQ, EQ and SQ (Physical, Intelligence, Emotional, Spiritual)
9. Importance of SQ and its incorporation in life
10. Meditation & Yoga
11. Role of Bhagwad Gita in Self-Management



PART - 3 Practical Sessions

1. General Attitude Appraisal
2. Spirituality Development Appraisal
3. Competency Development Appraisal
4. Q&A and Feedback

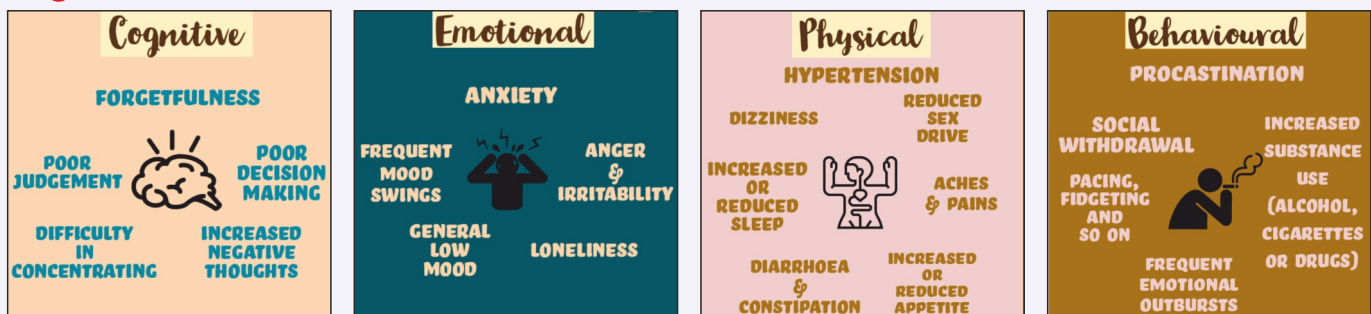


AN INVESTMENT IN YOURSELF FOR
Mental Strength - Positive Mental Health
Emotional Control - Better Life Outcomes

SELF TRANSFORMATION THROUGH MIND MANAGEMENT

The 'mind' has paramount importance among the different organs of the human body yet given least priority. Neglecting mental health comes at a very high cost. It affects the choices we make in personal and professional life and determines our overall well being. The ability to manage one's mind has helped individuals explore their “unlock immense untapped potential and enabled them to lead more enriched lives with a firm commitment towards true upliftment of 'the self'”. The book also combines very basic psychology and neuroscience knowledge with practical inputs to encourage motivation and innovation at the work place. It demonstrates ways in which mental balance and self-reliability are inherently interlinked.

Signs of Stress

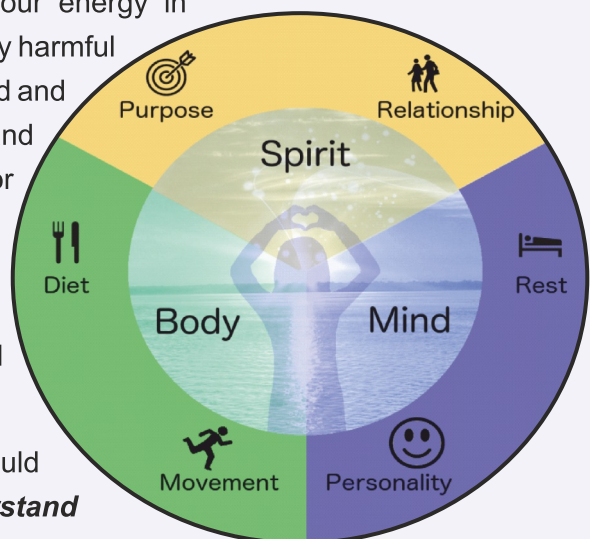


Life Transformation Solutions:

Time and again, we dissipate a large portion of our energy in combating external enemies whom we perceive as potentially harmful to us. Philosophy lays great emphasis on the state of our mind and our internal enemies - lust, anger, greed, illusion, pride, and envy. Our mind is the singular most important factor determining the quality of our life. It has the potential of being our greatest comrade or our worst adversary. If we succeed in controlling our mind, it becomes our best ally. But if we permit it to run amuck, it steals our inner peace and undermines all productive endeavours.

We constantly seek favourable circumstances that would lead to peace and tranquillity of the mind. However, **“understand that the internal peace is never a product of external circumstances. It is a product of purified senses, mind, and intellect,”**

At the Life Transformation Program, embark on the journey to grow from within, and discover the universal principles behind creating a life filled with peace and joy.



Change the way you think – Change your Life !!

IMPACT OF PROGRAMS

A well-being survey conducted during this program showed significant benefits in a variety of areas as listed below.



Conquer your inner enemies

Happiness & Fulfillment

Anxiety Control / Stress Relaxation

Peace and Relaxation / Reduce Depression

Positive Outlook

Quality Sleep

Hopefulness

Mindfulness

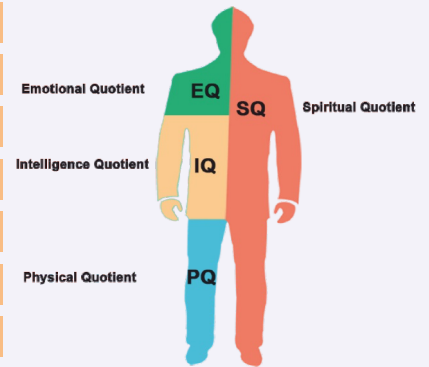
Optimism

Self-worth

Energy and Enthusiasm

Resilience

Complete Personality = Complete Success



Dr. Pradeep Saxena

With more than 28 years of work experience in the government and prestigious private sectors enterprises such as U.P. Electronics Corporation, Reliance Communications, ESSAR India, Birla Group of companies at senior positions, Dr. Saxena was also appointed as an expert external member of high-power committee of I.T (Information Technology), Government of Uttar Pradesh for seven Years. He served as an external panel member for Common Admission Test (CAT) at Lucknow University for interviews and group discussions. He regularly delivered guest lectures across various well-regarded private, government organizations and educational institutions.

Presently, he is involved in a series of workshops on “Self Transformation through Mind Management”. He is pursuing these workshops out of his passion innovation and self-help as well as he sustained interest in the immense and untapped potential of the human mind.

This workshop on 'Mental health' combines very basic modern neuroscientific knowledge, Vedic wisdom, with a focus on an individual's Emotional Intelligence (EQ) and personal happiness. Through his practical sessions workshop provides tools for stress management and emotional upliftment. Workshops are conducted through his institute, Hans Berger Centre for Mind Management and Growth.

He is MBA and Ph.D in Business Administration from Lucknow University. (LUMBA)

(Topic "Performance Appraisal and Strategies for Growth and Development of State-Owned Public Enterprises of Uttar Pradesh")

First Edition, December - 2020
Copyright © Dr. Pradeep Saxena, 2020,
Self Transformation through Mind Management



8874311117, 9335923956

mindhens@gmail.com

pradeepsaxena1565@gmail.com