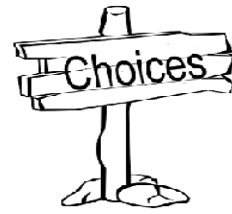


KIND UNWINDS MIND

(Enhancing Excellence thro Emotional Intelligence)



You can choose what you put into your *mouth* or *mind*

www.HappynessCoach.co.in

Quantum Leap Academy Chennai's leading training agency, with hundreds of corporate clients, has designed an innovative workshop on Emotional Intelligence. The myth that the kindness will never get along with success is already started plummeting. Affable and benign Dr.A.P.J.Abdul Kalam still lives in the heart of billions not because he was Scientist, President or Bharat Ratna but he was kind and was an inspiration to our entire nation. Even West started looking at India to head their Bluechip companies which is evident from the elevation of Mr.Sundar Pichai, Mr.Satya Nadella, Ms.Indra Nooyi, Mr.Harish Manwani, Mr.Shantanu Narayen. Their affable and benign qualities only had an edge over their competitors.

This workshop will guide the participants on how to kindle the kindness which was present in our childhood. This innate quality is being polluted by Automatic Negative Thoughts (ANT) which contaminated our thought process and slowly eaten away the power of our positive mind. This ANT can easily be replaced with APT (Automatic Positive Thought) by enhancing our emotional intelligence.

This 6 hours workshop will cover the following topics:

- Thoughts Enhancement
- Mind Management
- Emotional Intelligence
- Values & Virtues
- Weeding out Worries
- Happiness Mantra

Facilitator: S.Dharmalingam, a Graduate in Economics, with 30 years working experience in varied industries and 6 years into training conducted hundreds of workshops for companies like Hyundai, Salcomp, Apollo Tyre, MRF Tyre, Asian Paints, Igarashi Motors, Gates Unitta, Turbo Energy Limited, Sundram Fasteners, Sundram Brake Lining, Greaves Cotton, Wonjin Autoparts, Sodecia, Convenio Food, Nokia, TVS Rubber, ATV Manufacturing, Ready LED, MATE, Shanmuga Precision Forging, Scigenics, SFA Tech. Creations, Srinivas Fine Arts, Sivakasi, Rose Flower Paper, S&T Engineers, Coimbatore, Ampo Valves, Perfect Engineers, Vasantha Advance Systems, etc. Educational institutions like Dr.MGR University, IRT, Sri Ramakrishna Polytechnic, DMI College of Engineering, SSK Coimbatore, Sardar Raja Engineering College, Tirunelveli, ES College of Engineering Villupuram, Indian Public School, Doha, Qatar, etc.