



Mind Full, or Mindful?

Mindfulness Programs

- Learn mindfulness with playfulness -

What is Mindfulness?

Mindfulness is an ancient practice under Buddhism that helps you practice meditative flow in your daily life. Recently, with scientific researches, mindfulness has been widely applied in organizations – for enhancing leadership, management and reducing stress. The popularity is credited to its simple technique, practical approach and effectiveness.

The courses we offer under Mindfulness are:

- Leading with mindfulness
- Managing with mindfulness
- Living with mindfulness
- Stress management using mindfulness
- Mindfulness with playfulness (staff teambuilding retreat)



Courses will be designed as per the need of organizations.

Why Mindfulness:

- Deeper connection with self
- Genuinely connecting with others
- Increase focus on goals and tasks
- Understand responsibility
- Conscious action
- Building a mindful team
- Stress management & Emotional stability
- Time and energy management
- Easy way to self-change
- Increase peace of mind
- Happiness as a choice



About the Instructor:



R. Manandhar is a professional trainer, executive life coach and psychological counselor. For two decades he has been in leadership positions in international organizations. For five years, he has lived as a Buddhist monk in monasteries of Thailand. Currently, he has been helping people better develop their personal and professional life with leadership, management and mindfulness courses. His

programs have touched the lives of hundreds of people, who claim to have been positively transformed following their participation.

Manandhar has been trained in NLP (Neuro-Linguistic Programming), Gestalt and Mindfulness by several international trainers.

He has been regularly contributing to leadership column in The Himalayan Times (Nepal's largest selling English daily) since 2010.

