

PANDIT DASA

Mindful Leadership Expert. Author of "Urban Monk: Exploring Karma, Consciousness, and the Divine" and former Monk

---

- Founder, Conscious Living LLC
- Renowned Mindful Leadership Expert
- Devoted to helping humans become more Mindful and Resilient
- Former Monk of 15 years

Pandit Dasa is a Mindful Leadership Expert, author and motivational keynote speaker. His inspirational speeches aim to create a more mindful workplace culture which increases

productivity and improves retention. He encourages leadership and co-workers to appreciate and celebrate the success and contributions of others. This attitude fosters trust, enhances teamwork and greatly impacts employee performance. He emphasizes the importance of leading without ego and highlights the importance of cultivating self-awareness and personal growth and development.

Pandit captures the audience's attention by sharing his journey on how and why he spent 15 years living as a monk in New York City, the incredible life and leadership lessons he learned from that experience and why he's no longer a monk. His story is chronicled in his book, Urban Monk. Some key messages the audience will take away are:

- Understanding how our mind, thoughts and emotions impact our reactions and behavior.
- Tools for managing one's emotions and staying calm and collected before pressing the "send" button.
- The value of consistently appreciating our colleagues.
- Attendees will be encouraged to lead by example by setting a proper leadership model.
- Learn breathing and focusing techniques that can reduce stress, improve productivity and boost emotional intelligence.

Pandit Dasa has spoken to many Fortune 100 and Fortune 500 companies. Some of the organizations he has spoken to are:

Google, Citibank, IBM, State Farm, Federal Reserve Bank of Chicago, Nationwide Insurance, SAP, Bank of America, AMC Theatres, Intel, WeWork, Royal Bank of Canada, AMC Networks, Novartis, Comcast, TD Ameritrade, JPMorgan Chase, The World Bank, World Government Summit, SHRM National Convention, Oracle HCM Convention and many others.

TEMAS

Pandit tailors each presentation to the needs of his audience and is not limited to the topics listed below. Please ask us about any subject that interests you:

- Mindful Leadership
- Mindfulness for Stress Management and Work-Life Balance
- Communicating with Compassion
- Workplace Culture

PROGRAMAS

1. Principles of Mindful Leadership

This Mindful Leadership workshop is inspired by Gandhi's quote, "Be the change you wish to see in the world." If one is hoping to lead, this is the most effective way to inspire others. This presentation will encourage the audience members to reflect on how they can become better leaders in whatever leadership role they are in, whether personal or professional. It will address the importance of creating an environment where ego battles aren't driving the company down and where individuals are willing to put aside their own self-interest for the sake of the greater good.

A few of the traditional and non-traditional leadership qualities that will be explored are:

- Leading by Example
- Appreciation
- Communication
- Humility
- Balanced Emotions

2. Developing Resilience During Change

Change breaks us out of our comfort zone and disrupts our routine making us feel uncomfortable. However, change is the biggest constant in our life. Most external changes are out of our control and can't be avoided. What we can do is build resilience and begin to recognize that change is actually the most powerful thing that can happen to us to help us grow, mature and become stronger for the future challenges that are sure to come in our personal and professional life.

This talk will help the audience understand practical ways in which our mindset can be shifted to see change as positive and not as a negative and help us accept the inevitability

of change.

3. Mindful Approach to Team Building

Trust is a foundational principle for successful teams. When team members trust each other, they are not worried about an individual looking after his or her personal interests. There is a mutual appreciation and recognition of each other's' contributions. Each individual is inspired to give more for the team's success. Honest and mindful communication helps create this atmosphere and allows everyone to stay informed with no one kept in the dark – office cliques and politics are not tolerated. Mindfulness practices can help team members empathize with each other and build strong bonds.

This presentation will explore how to strengthen trust within teams and will guide individuals through mindfulness practices that can improve cooperation and empathy.

4. Stress Management for Work-life Balance

We spend more than half of our waking time doing work related activities. Workplace stress is costing businesses over $300 billions dollars and is leading to absenteeism, turnover and increased healthcare costs. Mindfulness is being employed by companies such as Google, General Mills, Salesforce.com, Novartis and many others because the research is showing it can reduce stress, anxiety, depression and can improve focus, productivity and enhance employee happiness. This talk will present the research on Mindfulness and how it can be used by companies to create a more positive work environment. Participants will also learn mindfulness breathing and focusing techniques that can be used at work and at home. Key items essential to work-life balance that will be presented are:

- Importance of Positive Relationships
- AHealthy Eating
- Unplugged Sleep
- Regular Exercise
- Maintaining a Personal Hobby

5. Communicating with Compassion

How does it feel when you receive an email or text message that wasn't very thoughtful or

compassionate? Communicating with compassion can build trust and positive relationships while rushed or reactive communication can have a completely opposite impact. While working in teams, it is natural for disagreements and conflicts to arise and these are the times when it's crucial to be able to manage our emotions so we don't act out of anger and frustration. This workshop will discuss the four keys to thoughtful and productive communication. It will help us to understand the value of learning to listen with an open mind and demonstrate how mindfulness practices can build our emotional intelligence which will help us sympathize with another's perspective.

6. Keys to Unlocking the Power of Your Mind

The mind can become our best friend or our worst enemy. It controls our emotional and physical health and thus impacts all aspects of our social and professional interactions. The mind is the cause of our fears, insecurities, and anxieties. An undernourished mind magnifies problems and challenges we encounter and leads us into negative thought processes. By strengthening the muscle of the mind and nourishing its needs, we can see the potential for growth during difficulties and setbacks and develop the self-confidence we need to accomplish our personal and career goals.

Creating a Mindful and Positive Workplace Culture

The growth and overall success of an organization is defined by its culture and leadership. A positive workplace culture enhances teamwork, collaboration and morale. As a result it boosts employee engagement, efficiency and retention.

This presentation will address the importance of creating an environment where ego battles aren't driving the company down and where individuals are willing to put aside their own self-interest for the sake of the greater good. It encourages an environment where individuals are willing to appreciate the contributions of their co-workers instead of feeling threatened by them. The research on mindfulness and its application for the workplace will also be presented.

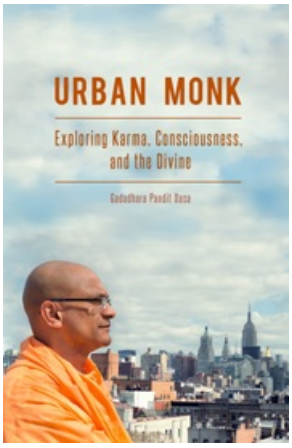
As a result of this keynote, the audience will be able to:

- Communicate with awareness, clarity and compassion

- Manage their emotions to handle conflicts
- Develop a positive mindset towards individuals they don’t see eye-to-eye with
- Express appreciation towards the work of their colleagues
- Utilize mindfulness breathing and focusing techniques to lower stress and improve productivity

PUBLICACIONES

Libros



URBAN MONK: EXPLORING KARMA, CONSCIOUSNESS, AND THE DIVINE

CONDICIONES

- **Travels from:** New York, USA
- **Fee Range:** Please Inquire