



**Confederation of Indian Industry  
CII Naoroji Godrej Centre of Manufacturing Excellence**

Workshop on  
**Stress Free Living and Goal Achievement**  
13 – 14 March 2020

**Context**

Goal setting and achievement are an invariable part of corporate life today. In addition to performance driven targets, an individual pursues personal goals and strives to achieve a healthy work life balance. With faster pace of daily life, the person finds it difficult to cope up with varied personal and professional demands. The individual increasingly feels pulled and stretched in different directions, which generates physical, mental and emotional stress. This stress not only affects the performance at the workplace but also all adversely affects all the other areas of life viz. health, wealth and relationships. Research has shown that long term effects of relentless stress leads to faster deterioration of health and performance, leading to a lower quality of life for the person.

The two day workshop addresses this challenge and empowers the person with tools and techniques to lead a successful, stress free and peaceful life.

**Objectives**

Pursuit and achievement of Goals in a stress free and peaceful manner is most important in today's time. Thus, to empower the individual to do so whilst enabling the person to have desired behavioral change for physical, mental and emotional wellness.

**Contents**

We use the concepts & practices of using our Minds and thinking processes along with Emotional Intelligence in order to bring about desired behavioral change. Through examples and exercises the person is introduced to the powers of the subconscious mind and learns programming of the subconscious mind to achieve goals peacefully and effortlessly.

The program is an amalgamation of tools and techniques from various fields of positive psychology that when learnt scientifically and practiced regularly bring about desired change in thinking and habits. These are time tested and proven methods that have helps scores of people lead better lives and are still being used by luminous personalities in the fields of business, media, sports etc.;

The program teaches the individual through demonstration and practice how to use the various tools and techniques of programming the subconscious mind for goal achievement and stress free living.

**Methodology**

Practical demonstration of the various tools and techniques mentioned. The program follows a workbook that is a part of the tool-kit provided to the participants. The transfer of knowhow of the tools and techniques presented in the program is through live demonstration by the faculty and simultaneous practice by the participants. The sessions are interactive in nature and the emphasis is on inculcating practice along with increasing the theoretical knowledge of the subject.

Some of the tools and techniques used for the program are

1. Mind relaxation through Alpha Meditation.
2. Realizing Life Purpose (Ikigai) and Balanced Goal setting.
3. Creative Visualization & Precision Affirmations technique for achievement of Goals.
4. Tools and Techniques for Self – Confidence, Self-Care and others;
5. Developing Emotional Independence through tools and techniques of Emotional Intelligence
6. Tools and techniques for choosing the right beliefs.
7. Methodologies for deep relaxation and clarity.
8. Daily practice and rituals for a stress free and peaceful life.

The above tools and techniques are presented in an easily understandable format in the form of examples, videos, games, activities and administered in a fun-filled and relaxed atmosphere. The program also provides various audio files for support in implementation and a detailed bibliography for additional reading and understanding.

**Venue:** CII Naoroji Godrej Centre of Manufacturing Excellence, Godrej Station-Side Colony, Opposite Railway Station, Vikhroli (East), Mumbai - 400 079

**Participation Fees** (on non-residential basis)

Type of Organization	Fees per Participant
CII Members (Large & Medium)	Rs. 12,500.00 + 18% GST
CII SSI Members / Educational Institutes / Students / Individuals	Rs. 10,500.00 + 18% GST
Non-Member Companies	Rs. 14,000.00 + 18% GST

**Discount:** 10% discount on 3 or more nominations.

**For Nominations & Enquiries please write to:**

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