

## **The profound meaning of Heartfulness Webinars**

**By: Victor Kannan**

Heartfulness Institute is a non-profit organization registered in the USA. It offers all humanity a simple and effective set of practices for relaxation and meditation, called Heartfulness. It has been offering a rich variety of webinars to reach out to the lifelong learners of meditation. They are also interested in over all wellness, self-improvement, leadership, management, marriage, parenting, equality, emotional intelligence, non-violent communication and the like.

Heartfulness is full of practical application for everyday life. The monthly Speaker Series, the GLOW for women webinar, Heartfulness Practice Series are all immensely thought provoking, inspiring and practical. Due to high demand for these types of webinars, we will be introducing "Living by the Heart" web workshop series shortly.

I highly recommend Heartfulness Webinars to practically anyone with the Internet!

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Heartfulness Speaker Webinar Series presents the January webinar on "Emotional Intelligence and Leadership" led by Mr.Prakash Seshadri.

**Join us on Saturday Jan 14th 2017 at 8:30 PM IST; 10:00 AM EST; 4:00 PM CET by registering here: <https://goo.gl/GqE61A>**

**Presenter: Prakash Seshadri**

He is a Gold Medalist in Corporate Secretaryship and a Post-Graduate in Commerce, from the University of Madras. He is the CEO & Co-Founder of SEE CHANGE CONSULTING and SEE CHANGE ACADEMY based at Chennai, India. He has authored several printed and audio books. As a Motivational Speaker, a Corporate Mentor cum Coach and an Organisational Change Management Consultant, he makes pan-India appearances addressing various topics.

He has served Shri Ram Chandra Mission in several capacities. Currently he is the Zonal Co-ordinator of Chennai Metro Zone and Secretary to President of Shri Ram Chandra Mission, which has its world headquarters based out of Chennai. He has been practicing Heartfulness meditation since 1992.

### **Emotional Intelligence & Leadership**

Leadership is a "people business" and emotional intelligence (or EI in short) is the missing link. EI helps leaders know themselves and use their own strengths — and work with and through people effectively. EI is defined as the skills or ability necessary to identify,

assess and control the emotions of oneself, other people or entire groups. EI is a concept that has become widely popular in management texts and related literature for its ability to enhance and capitalize on the human potential of an organization.

Recently, many leaders have started openly talking about "Leading With Heart". While EI is a very vast subject and the understanding of this subject is still evolving, connecting EI to "Heart" and "Heart based meditation" will open up a few vistas to us which are still evolving concepts. In this webinar, we intend looking at some basic EI concepts and how the "Heart" and "Heart Based Meditation" connects to this very important Leadership Trait.

### **Key Takeaways:**

- 1) Learning to be Self-aware
- 2) Learning to Self-regulate
- 3) Learning the Power of "Pause"
- 4) Understanding the importance of becoming an "Observer"
- 5) Learning the importance of the "Spoken Word"
- 6) Learning the Action / Consequence of EI

### **Who do you think should attend this webinar?**

Anyone who has the responsibility of handling people in their work / professional profiles and those who are keen on improving their EI competencies.

### **What others say about us:**

It was extremely friendly and cordial webinar. It was as if we were sitting on a table with Sanjay and he was talking to us. He helped me understand how important as well as insignificant I am

The best thing about this webinar was the friendly and welcoming attitude of the host and the guest speaker, which made it feel like a conversation over a cup of coffee.

A heartfelt coffee with Heartfulness speaker webinar!

A Nambakam, USA

Speaker Webinar Series on "The world does spin, but not around you" was quite interesting with examples and polling questions. I took the poll and observed myself. It was useful to know where I was in certain aspects, and it has aided in correcting myself. It is true that meditation has a major role in making us more broad minded and more universe-centered and developing brother hood. I could see the change in myself. Thank you for all your kind efforts.

N.Poongodi, India