INTERNATIONAL CERTIFICATION IN META MIND CONFIDENCE & COMMUNICATION - ONLINE

Based on Meta Mind Alignment, the New Science of Leadership & Happiness

Avinash Ananda
Meta Mind Interntational

META MIND CONFIDENCE & COMMUNICATION
SCAN TO KNOW MORE & JOIN

META MIND CONFIDENCE & COMMUNICATION

Inner Confidence • Outer Impact

A 3-Months Online Learn - Journey



with

THE WORLD'S #1 LEADERSHIP & HAPPINESS GURU

Avinash Ananda

- The more confidence you have, the better will be your communication. Here you get to strengthen both!
- Together, they form the 'mother' Meta-Skill (mindset & skill-set) to enhance the quality of work, relationships & life.
- An inside-out approach to develop a more powerful personality.

includes

HAPPYVERSE PREMIUM MEMBERSHIP

THE WORLD META HAPPINESS CLUB

THE WORLD'S FIRST MIND GYM

WEEKLY ONLINE YET 'LIVE' EXPERT-LED SESSIONS | 6 AREAS OF HAPPINESS

A PERSONALITY UPGRADE PROGRAM

For Greater Confidence & Better Communication

+91 9930311694 www.avinashananda.com office@avinashananda.com

A PERSONALITY UPGRADE PROGRAM

For Greater Confidence & Better Communication



META MIND CONFIDENCE & COMMUNICATION

Inner Confidence • Outer Impact

COMMUNICATE CLEARLY & CONFIDENTLY

WHAT

The Mother Meta Skill for Life, Work & Relationships

Meta Mind Confidence & Communication is a practical **Personality Upgrade Program** that helps participants **build the mindset of inner confidence and the skill-set of clear communication.**

Adapted from the **iLEAD Meta-Skills Program, Confidence & Communication**, is one of the **10 key Meta-Skills** rooted in ***Meta Mind Alignment*** - the new science of Leadership & Happiness.

A Meta-Skill is a combination of a mindset and its related skill-set that together influence happiness & success in one's inner world and outer world.

META-SKILL = MINDSET + SKILL-SET

In this program, Meta Mind Confidence & Communication,

Confidence = Mindset
Communication = Skill-set

Individually, each is valuable but incomplete. Together, they form the **Mother Meta Skill** — the core of a powerful personality.

Research suggests that nearly 85% of success is shaped by behavioural skills. This ***Personality Upgrade Program*** strengthens that foundation through confidence and communication.

WHO

Designed for Individuals, Professionals & Leaders

Ideal for:

- Students and young professionals
- Corporate employees and team members
- Entrepreneurs and business owners
- Coaches, trainers and consultants
- Leaders and managers
- Anyone who wants greater confidence, better communication and more impact



YEARS OF EXPERIENCE
DISTILLED INTO PRACTICAL
WISDOM ESPECIALLY FOR YOU!

WHY

No one lives in isolation. We grow, work, love, lead, and succeed through & with people. And the key skill-set needed to interact with people is **Communication**.

When we pause and look closely, many personal and professional people-related problems can be traced back to communication — *what was said, what was not said, what was misunderstood, what was assumed, or how it was expressed.*

And beneath **communication ...** there is often **confidence**.

The key mindset needed for Communication is Confidence. Low confidence can make people hold back, stay silent, avoid questions, fear judgment, or struggle to say what they really mean.
Overconfidence can appear as arrogance, impatience, coldness, poor listening, or disrespect.

This program helps participants build the confidence to express themselves and the communication skills to do it with clarity, respect, and positive impact — in life, work, and relationships.



INTERNATIONAL CERTIFICATION IN META MIND CONFIDENCE & COMMUNICATION - ONLINE

Based on Meta Mind Alignment, the New Science of Leadership & Happiness

YOU WILL LEARN

- ***Inner World and Outer World Connection***
  Understand how thoughts, emotions, and beliefs influence communication and vice versa
- ***The Confidence Mindset***
  Reduce hesitation , self-doubt, nervousness, fear of judgement and overthinking
- ***The Communication Skill-set***
  Organise thoughts and express ideas simply, clearly, confidently and authentically
- ***Mindsets & Skill-sets for Listening better***
  Be a more attentive, empathetic and effective listener
- **Voice, Body Language & Presence**
  Improve voice modulation, tone, postures, gestures , eye contact and overall energy & impact
- ***Likeability and Rapport***
  Establish & maintain rapport and cultivate a likeable personality
- **Real-life Conversations**
  Handle every-day & challenging conversations with ease, calmness, respect and confidence.
- **Growth Mindset**
  Give and receive feedback without aggression, defensiveness or anxiety

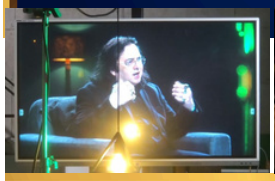
KEY BENEFITS

CONFIDENCE

- Speak with greater confidence
- Express thoughts, ideas & opinions more comfortably without hesitation
- Build grounded confidence without slipping into arrogance, coldness, or impatience
- Have greater impact in the areas that matter most
- Handle criticism, disagreement, & difficult conversations more calmly

COMMUNICATION

- Enhanced people skills & interpersonal effectiveness
- More positive and meaningful interactions
- Communicate thoughts and ideas with more clarity
- Enhanced leadership presence and credibility
- Increased influence and interpersonal impact
- Reduced misunderstandings and unnecessary conflicts
- More opportunities in life and work





FREE

META MIND HAPPYVERSE
SCAN TO KNOW MORE & JOIN

THE WORLD META HAPPINESS CLUB

Happyverse

The World's First Mind Gym

YOUR HAPPYVERSE SUPPORT ECOSYSTEM



When you join the Meta Mind Confidence & Communication Program, you also receive a **FREE 1-Year Happyverse Premium Membership** — your continued support space for happiness, learning, community, and growth.

Every week, HappyVerse becomes your Mind Gym — helping you continue your practice of confidence & communication, through expert-led live online sessions across 6 Areas of life - Mind, Body, Spirit, Work, Relationships, and Money.

Year-Long Membership| 52 Weekly 'Live' Expert-led Sessions

LIMITED-TIME ENROLMENT OFFER !

MMCC + 1-YEAR HAPPYVERSE PREMIUM MEMBERSHIP FREE

STANDARD FEE USD 800 | PREFERRED FEE USD 400 ONLY

You Can Choose your Next Level of Learning!

ENROLL NOW

PERSONALITY UPGRADE TODAY

MIND UPGRADE NEXT

Lead Yourself with Happiness to Success

MASTER YOUR MIND

Success & Happiness Workshop

Based on Meta Mind Alignment, the New Science of Leadership & Happiness

Meta Mind Confidence & Communication is your **PERSONALITY UPGRADE** Program — and **MASTER YOUR MIND** takes it to the next level - **A MIND UPGRADE !**

Master Your Mind : Success & Happiness Workshop is a Mind Upgrade System, to maximise positivity, optimise productivity, with happiness to success.

STANDARD FEE: INR 100,000 | USD 1200
PREFERRED FEE: INR 50,000 | USD 600

MASTER YOUR MIND: SUCCESS & HAPPINESS WORKSHOP
SCAN TO KNOW MORE & JOIN

Please Note:

- All Preferred Fees are available only if you have a valid Student Referral Code.
- For INR payments, GST @18% as applicable will be added.

META MIND COMPETENCIES FRAMEWORK™

BASED ON THE META MIND ALIGNMENT, THE NEW SCIENCE OF LEADERSHIP & HAPPINESS

HAPPINESS-CENTRIC TRAINING SOLUTIONS

FOR ENHANCED POSITIVITY & PRODUCTIVITY FOR INDIVIDUALS & ORGANIZATIONS

The Leadership & Happiness Competencies Framework is an effective tool to define, monitor and measure learning objectives. It forms the basis for this workshop. The elements in the Framework (individually or in a need-based combination) are also offered as customized training workshops.

KNOWLEDGE

Playful Purposefulness	Mindful Celebration	Practical Positivity
Expressed Compassion	Effective Efficiency	Awakened Simplification
Dynamic Adaptiveness	Committed Excellence	Psycho physiological Acceptance

SKILLS

Goal Setting	Stress Management	Communication
Team Bonding	Persuasion	Strategy
Creativity	Learnability	Emotion Management & Assertiveness

VALUES

Meaning & Satisfaction	Joy & Pleasure	Confidence & Importance
Love & Connectedness	Inner Power & Control	Wisdom & Clarity
Freedom & Autonomy	Strength & Security	Peace & Calmness

BELIEFS

I am always achieving & contributing	I enjoy life in the moment	I believe in me
I care for & appreciate myself & others	I believe in results not reasons	I live with integrity & awareness
I always find a way or make one	I always do my best	I am stronger than my feelings

ATTITUDES

Dream-big & Action-orientation	Gratitude & Enthusiasm	Trust & Respect
Cooperation & Humility	Never-Give-Up & Result-orientation	Reflection & Foresight
Abundance & Let go	Growth mindset & Devotion	Balance & Courage

QUALITIES

Focus & Drive	Childlike & Humour	Self-Worth & Sensitivity
Empathy & Likeability	Persistence & Response-ability	Insight & Peripheral Vision
Flexibility & Curiosity	Consistency & Discipline	Resilience & Anti-fragility



CLICK HERE

- Values (human needs & drivers)
- Beliefs (feelings of certainty)
- Attitudes (thought patterns & perspectives)
- Skills (abilities expressed as behaviors)
- Qualities (consistently demonstrated traits)
- Knowledge (principles of sustained happiness)

META MIND CONFIDENCE & COMMUNICATION PROGRAM DETAILS

HOW

The Learn Journey at a Glance

- A 2-Month Journey — structured yet flexible
- Self-paced recorded masterclasses — learn anytime, anywhere with structured guidance
- Interactive tools & guided reflections
- International Certification in Meta Mind Confidence & Communication

INVESTMENT

Your Growth, Your Best Return

Fee per participant:
USD 800/ INR 60,000 *(plus applicable GST @18%)*

Have a Referral Code?

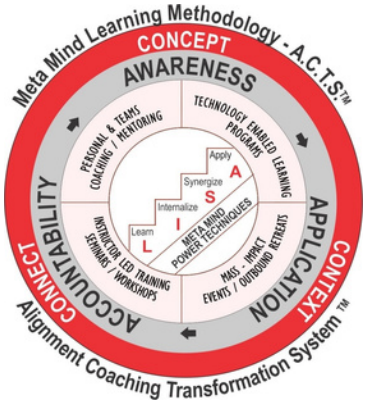
Preferred Fee per participant:
USD 400 / INR 30,000 *(plus applicable GST @18%)*

FREE Includes Access to Happyverse Annual Membership - Premium

LEARNING METHODOLOGY

ALIGNMENT COACHING TRANSFORMATION SYSTEM™ - A.C.T.S.™

A.C.T.S.™ is a unique, holistic, multi dimensional, multi sensory, interdisciplinary training methodology for greater learning and deeper impact in shorter time frames.



- Uses the specific learning tools & delivery models best suited to achieve related pre-defined training goals.
- Results in clear take-aways, insights & desired behavioral changes.
- Uses improv Theatrics™ with story telling , conversations, demonstrations, games & humor.
- Focuses on creating shifts in mindsets to enhance effectiveness of learning skill-sets at both conscious & sub-conscious levels
- Provides assignments, demonstrations, activities, real-life coaching case studies, project work & assessments
- Includes world-class instructional design, interactive learn journeys & content with international certification

Fun & Focused - **I**nspirational & Introspective - **R**elevant & Research-based - **E**xperiential & Engaging

AVINASH ANANDA

LEADERSHIP & HAPPINESS GURU

Testimonials



VASIL NACI

Entrepreneur, Philanthropist, President, AGNA Group, Albania, Europe.

"Avinash Ananda is my Guru and mentor from whom I have learned a lot. He is the major inspiration behind my becoming a motivational speaker!
He also has been the inspiration and key catalyst to our starting the Agna Leadership Academy, the in-house learning center for my companies, which I believe, is a tremendous long term return on investment for our businesses."



HARISH BAIJAL

Former Additional Director General of Police (ADGP), Maharashtra Cyber Crime, India

“Avinash Ananda is my friend, philosopher, guide and guruji. Words cannot express how he has helped me and my family transform our lives.”



PROF. CLAUDE VARLEY

UNYT-UNYP-IUM, President of Several Companies in Monaco, ex-CEO Coca Cola Bottlers, Monaco, France

“Beyond his great sense of communication, motivation and ability to lead the way, Avinash is a reference, enabling his students to become passionate about leadership, strategy, goal-setting, decision making, etc. I highly recommend Avinash to anyone in the business or education fields.”



DR. KULIN KOTHARI

Foremost Ophthalmic Surgeon in India, Philanthropist, Chairman, Bombay City Eye Institute & Research Centre, Mumbai, India

Having undergone Avinash Ananda's leadership training, I strongly recommend him for creating a positive transformation in individuals and organizations. His work with BCEIRC is focused on empowering our professionals to live our core values and I am very happy with the results.



VALDET DECANI

Leading Behavioral Trainer, Medical Doctor, Entrepreneur, CEO, Alba Qeramika, Kosovo, Europe.

When Avinash Ananda became my mentor and my Guru. My life underwent a transformation. I am now a better leader and communicator both personally and professionally and a better mentor to my family and employees thanks to his teachings.
The clarity and competence that Avinash Ananda has is unparalleled and his ability to see the truth and give personal feedback like a mirror creates magical break-throughs in the shortest time frames.



ERMAL MAMACI

Leading Motivational Trainer, Albania's No.1 Movie Star & TV Talk Show host with millions of followers and fans.

Avinash is a great Teacher and Master. The lessons that he gave me helped me to start doing what I'm doing now as a Motivational Speaker and a Trainer for Self Development. The way that he presents his training mixed with funny stories is amazing. That makes it easy to remember any time. He is a very kind person and with a great heart. I'm honored to have him as my Guru. I'm thankful to him always because he believed in me and he empowered and put me on the right track.



MALOO NATARAJAN

Banker, Investor, Independent Direction, Chairperson FICCI FLO Mumbai

While we all profess to want to be happy, the pursuit of happiness never reaches the top of our to-do lists. I read somewhere that ‘Nobody is put on this earth to make sure you are happy’ but we certainly have one person who is willing to show us the path the happiness. Was a fabulous session Avinash and thank you so much for making it seem so simple and easy. The members loved it.







DR. VARSHA ACHELOIS

THE RAIN THAT WASHES AWAY PAIN



Dr. Varsha Achelois is an internationally acclaimed psychotherapist, educationist, thought leader, and transformative life coach, celebrated for her ability to align minds and awaken hearts. Hailed by the media as *'Lady Buddha'*, she embodies both the wisdom of a sage and the wonder of a child.

Her very name reflects her mission—Varsha (Sanskrit for 'rain') and Achelois (Greek for 'she who washes away pain')—to be the rain that washes away pain.

A true *Alignment Alchemist*, Dr. Varsha is the CEO of Meta Mind International, USA; Co-Founder of the Global Academy of Meta Mind Alignment (GAMMA),India; Founder of Bubbles International, India; and Mentor & Chief Strategist at Meta Mind Inspire, UAE. She is the co-creator and visionary behind the applied behavioral science of *Meta Mind Alignment™*, a pioneering framework that blends psychology, neuroscience, and timeless wisdom into practical tools for happiness-centric leadership and holistic well-being.

Dr. Varsha was honored by HRD India & Economic Times, with the *'Leader in Emotional Wellness & Mental Health' Award*, for her pioneering contributions to human transformation and emotional mastery.

Her academic journey reflects both depth and diversity, with a *Doctorate in Integrative Psychotherapy and Meta Mind Alignment™,* dual degrees in Education (B.Ed. & M.Ed.), a Master of Science in Psychotherapy, postgraduate studies in Computer Science, and a degree in Industrial Psychology. Alongside this, she has pursued specialized training in globally recognized therapeutic approaches. She is a certified *EMDR (Eye Movement Desensitization and Reprocessing), REBT (Rational Emotive Behavior Therapy), and CBT therapist, also trained in MBTI, Ontological Coaching, Somatic Experiencing for Trauma Healing, Suicide Prevention Interventions, and Art-based Therapy.* This rare blend of academic rigor and internationally certified therapeutic mastery makes her a trusted global authority in emotional wellness and mindset management.

Dr. Varsha has designed and delivered her transformational training workshops and one-to-one sessions in India, UK, Hong Kong, Thailand, Greece, France and the Middle East. In her much-in-demand training programs the participant profile ranges from corporate professionals in leading organizations such as Wipro, Reliance, Times of India, and Google, to educators, young adults, and children. As a licensed corporate trainer and behavioral consultant, she has delivered powerful sessions on communication, emotional intelligence, creativity, confidence, stress management, and relationship-building. Her one-to-one coaching is especially sought after for trauma healing, self-growth, and relationship mentoring.

For educational institutions, she has created graduate and post graduate certification programs from curriculum design to "train the trainer" phases. As the head of GAMMA, she has trained and certified over 40 trainers, psychologists and coaches in Meta Mind learning tools & frameworks. As the leader of Bubbles International, the children's division of Meta Mind International, where she is fondly called 'Bubbles' by the kids, she has done pioneering work in building and nurturing them as confident, creative, happy and future-ready youngsters.

Beyond corporate boardrooms and classrooms, her contributions extend to CSR projects, NGOs, orphanages, and old age homes, where she continues to create lasting impact.

A Renaissance spirit, her love for music, theatre, poetry, art, and teaching infuses her work with creativity and depth, turning every session into a transformative experience that touches both mind and heart.

Beyond her qualifications and accolades, her truest legacy lies in the lives she has touched—the individuals who stepped back from the edge of despair, the leaders who discovered purpose beyond success, and the children who learned to believe in themselves.

Dr. Varsha Achelois is far more than a mentor, coach or healer. She is a force of transformation — rewriting destinies, pioneering alignment, and reminding the world that happiness is not just a pursuit, but a way of being.

In 1999, Dr. Varsha launched the Appreciation Movement™, a heartfelt initiative encouraging gratitude in everyday life. What began as a small spark soon grew into a global flame—evolving into the *World Happiness Movement™*, a wave of positivity that continues to inspire & empower individuals and communities across the world to cope and to hope.

Dr. Varsha Achelois, a.k.a. Bubbles, is much-loved and well-known for combining her ideals and simplicity with the real-world. Her sessions are often described by participants as nothing less than "food for the soul"— transformative experiences where science meets sensitivity and clarity meets compassion.

Her unique training methodology and content are globally appreciated by organizations, institutions and individuals from all walks of life.

+91 9930311694 www.avinashananda.com avinash@avinashananda.com

AVINASH ANANDA

Leadership & Happiness Guru



Avinash Ananda is an internationally renowned leadership advisor & happiness strategist. Hailed by the media & professionals, worldwide as Leadership & Happiness Guru, he is the Founder of Avinash Ananda Meta Mind International, USA, which provides leadership & happiness-centric training solutions designed to enhance positivity, productivity, & well-being for individuals and organizations across the globe.

With a career spanning more than three decades, Avinash has impacted the lives of over one million individuals through face-to-face coaching, seminars, and workshops across 30 countries in Europe, Asia, the Middle East, and the USA. His participants include corporate executives at every level of management from more than 300 organizations, among them global giants such as Microsoft, Google, Marriott, LG, Cognizant, Reliance, Tata, Capgemini, IBM, Vodafone, & Amazon. A much-sought-after keynote speaker and executive coach, he has also personally mentored more than 1,000 leaders & trainers worldwide.

Avinash is also the co-creator of the applied behavioral science of Meta Mind Alignment™, the new science of Leadership & Happiness. This pioneering framework for human potential optimization combines mindset & behavioral transformation to create holistic success & sustained happiness for individuals & organizations. His teachings blend time-tested Eastern wisdom & meditative practices with the latest in Western management thought, positive psychology, behavioral economics, & neuroscience.

His contributions have earned him international acclaim & several prestigious honors. Recognized at the House of Lords, U.K. Parliament by Lord Swaraj Paul & Virendra Singh, M.P., he was celebrated as "The World's #1 Leadership & Happiness Coach" & "International Ambassador for Leadership & Happiness." He has also been felicitated as the "#1 Global Leadership & Happiness Guru" by His Excellency Yaqoob Al Ali from the Dubai Royal Family. Over the years, he has received numerous awards, including "World's Leading Behavioral Expert & Motivational Speaker," and the Rotary International Scholarship. He has been ranked among the "100 Inspirational Leaders of India" by White Page International and among the "51 Most Fabulous Global Happiness Leaders" by the World HRD Congress. Avinash is also an honorary recipient of the Paul Harris Fellow Award, the highest recognition conferred by Rotary International, and was awarded an Honorary Doctorate in Happiness-Centric Leadership & Transformational Coaching from Kennedy University, Paris, authorized by the French Ministry of National Education and accredited by QAHE.

Beyond his work as a speaker and coach, Avinash has founded and runs several institutions: the Global Academy of Meta Mind Alignment (GAMMA) for behavioral sciences research, the Management Institute of Behavioral Sciences (MIBS) for employee engagement & organizational excellence, the International Institute of Personality Development (IIPD) for youth empowerment, & Bubbles International for life-skills development in children.

Avinash's academic foundation is in Industrial Relations and Organizational Behavior from St. Joseph's College, Bangalore and several executive education certifications from other prestigious institutions including I.I.M., Ahmedabad. He was mentored for over three decades by Prof. Rooshikumar Pandya, a pioneer of the HRD movement in India and former Humanities faculty at McGill University, Canada. He further trained with world-renowned experts including Richard Bandler (NLP), Edward de Bono (Lateral Thinking), Stephen Covey (Execution Excellence), Jack Canfield (Success Principles), Anthony Robbins (Peak Performance), John Maxwell (Leadership) & Harada Sekkai Roshi (Zen Meditation).

His diverse experiences include: being invited to a world leaders' breakfast with President Obama in Washington D.C.; being the faculty for a Harvard Business School Publishing Certification Program on Strategy for senior I.T. professionals in India; teaching happiness to Dalai Lama monks in the Himalayas; addressing an interfaith conference in California on happiness for religious leaders; serving as visiting professor at universities across the world to shape thousands of next-generation leaders; and working with NGOs in India to build empowerment skills & self-esteem among street children, orphans, the physically challenged, and senior citizens.

A co-creator of The World Happiness Movement, Avinash's mission is to 'Make Happiness Go Viral', by impacting one billion people with his teachings.

Avinash has trained executives from the partial list of companies given below

TATA, Google, Marriott, vodafone, accenture, amazon, Bank of America, Coca-Cola, Microsoft, महाराष्ट्र पोलीस

Capgemini, HDFC Life, LG, NOVARTIS, Ministry of Tourism Government of India, Unilever, IBM, The Times of India, NYC New York College, TAJ

+91 9930311694 www.avinashananda.com office@avinashananda.com