



Advanced meditation seminar for high performance equipment in a residential format

Seminar in a residential format of two days.

Oriented to group of executives, managers, organizations, athletes, and people in general, who have high levels of responsibility.

Description: Within the program of "Team building" and / or meetings of teamwork, advanced meditation is an essential tool to empower the individual and help in the context of organizational development, increasing effectiveness and performance.

The **objectives** of this seminar are:

- A. Exposing the value of advanced meditation program for high performance teams.
- B. Learn advanced meditation technique.
- C. Create cohesion in the team: promote and encourage interpersonal relationships within the group

This is a training program for teams in residence for two days with the aim of providing basic learning of Advanced Meditation technique as a tool to empower the individual. The program allows a process of solid and dedicated learning and a time of intense rest that help personal recovery of our state of mental and physical wellbeing. The program and format, as a whole, is excellent for the purpose of building effective leadership teams; clarifying objectives and challenges, strengthening the team, evaluating productivity, performance and empower its members in the direction of the joint project. During the retreat, a complete training process in advanced meditation as a tool for personal and professional performance to increase daily use, creativity, our welfare state and climate team will be made. Participants will learn to incorporate meditation tool in their daily lives for effective use. The benefits of meditation practice will be analyzed as a technological tool to respond to the daily challenges of the activity and elaborate on how we can increase our level of leadership, achieving high performance levels. We discover and learn how smart • smart daily practice of meditation, increases supports and correct our personal energy management, decision making and the ability to recover in time and regenerate our nervous system. The day will end with an evaluation session of the seminar and also questions and

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answers. After the seminar, a report (progress) of the results of the evaluation will be sent.

Main benefits of the seminar:

The main benefits established for the training program in advanced meditation are: reducing fatigue and stress, recovery and increased energy level, sustain the level of performance, increasing the average personal energy, creation of "peak performance" improves productivity, increased welfare state, increased confidence, increased creativity and intelligence, improved time management, improving the working environment, reducing conflict, improving decision making. In addition to the above benefits, the seminar support staff motivation, improve interpersonal communication, encourage empathy, active listening and assertiveness, properly manage internal conflicts, encourage teamwork and discover the dichotomy of leaders.

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