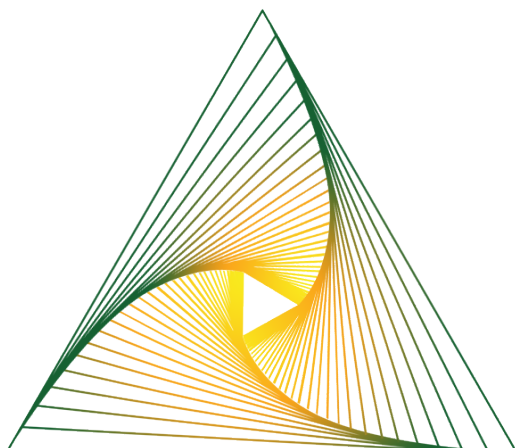


# PRISM

A workplace program for high performance and mindful well-being



During these extraordinary times, grow your people and business with a powerful way of thought and action.

- Focus and think powerfully
- Deliver superior performance
- Live a life of purpose and meaning
- Attract success and happiness

Facilitated by executives with industry experience and personal practice.

## Features


  
Interactive  
Live Sessions

  
Case Studies

  
Reflection

  
Journaling

  
Role Plays

  
Guided  
Practices

  
Art Processes

  
Touchpoints  
for sustenance

## BENEFITS

Corporate Mindfulness Programs ...and their ROI

examples

### Employee Well-being



Bell Canada received an ROI of \$4.10 for every dollar invested in workplace mental health programs.  
- [Deloitte report](#)

### Increased Engagement



says it has seen a 200 percent return on investment, with the training leading to a rise in employee engagement and a fall in absenteeism.  
- [Reuters](#)

### Better Decision-making



found that eight out of ten participants reported improvements in decision-making, and 89% said they had become better listeners.  
- Finding the Space to Lead: A Practical Guide to Mindful Leadership

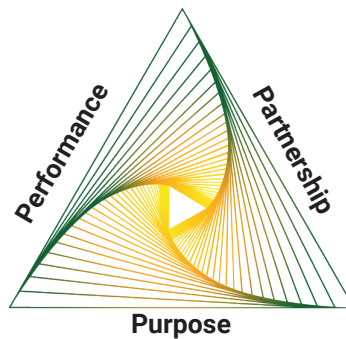
### Enhanced Productivity



experienced 62 minutes per week of enhanced productivity, saving the company \$3,000 per employee annually.  
- [New York Times](#)

# MODULES

Rewire for Success



**Performance** powers productivity and impact:

- Minding Our Minds
- Mindful Efficacy
- Magnetic Success
- Creative Flow

**Purpose** unlocks personal potential:

- Discover Your Dreams
- Explore Meaning
- Break Barriers
- Live Your Passion

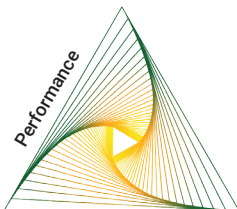
**Partnership** enables positive interactions and engagement:

- Difficult Conversations
- Learning Loop
- Empathy Epitome
- Networking Nuggets

## Flexible Formats

- Each module is 8 hours duration, comprising 2 hours per session.
- Any combination of sessions can be chosen from Performance and Partnership modules, though are optimized if applied in sequence.
- Purpose module has sequential sessions that do not stand independently of each other.

# MODULES MAGNIFIED



## Minding our Minds

Decipher the art and science of mindfulness, experience multi-tasking, practice presence and inculcate techniques to build your ongoing routine.

## Mindful Efficacy

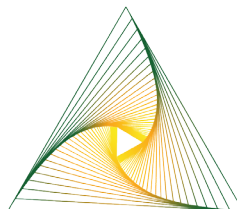
Imbibe key behaviors of success: concentration and prioritization.

## Magnetic Success

Imbibe key behaviors of success: magnetism and happiness. Learn how to apply the science of magnetic success—with happiness as a factor, not outcome, of success.

## Creative Flow

Know the anatomy of creativity and problem-solving, techniques to increase intuition and invite a state of flow, find the balance between individual and collective creativity.



## Discover Your Dreams

Apply techniques like mind mapping and work-life dashboard to find your way to hidden aspirations and differentiate them from mere fantasies.

## Explore Meaning

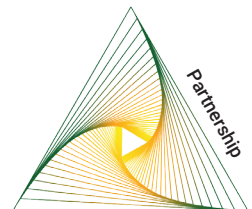
Identify your true motivations and design multiple paths forward.

## Break Barriers

Recognize the dysfunctional beliefs and habits that hinder manifestation of your dreams.

## Live Your Passion

Identify the mindsets, resources and team you will need on the work-life expedition and design milestone checks and balances.



## Difficult Conversations

Decode the underlying structure of difficult conversations, manage strong emotions and perceive the unsaid for moving into meaningful conversations.

## Learning Loop

Listen authentically to pave the way for breakthroughs in relationships and create psychological safety for mutual sharing and growth.

## Empathy Epitome

Manage empathy and its burnout, form trusted connections, and revive Maslow's forgotten peak of transcendence that is sustainable for both self and society.

## Networking Nuggets

Gain insights for networking that breaks siloed thinking and form long-term reciprocal relationships with mentors. Nurture a fertile ground for knowledge sharing to drive growth beyond the ordinary.

# PROGRAM FACILITATORS



**Latha Gupta**

MINDFUL LEADERSHIP | OD |  
FACILITATOR | COACH

Latha Emmatty Gupta is the founder of OD Mantra, a boutique Leadership company. A former corporate executive, she worked with renowned corporations such as American Express, NIIT, Royal Bank of Scotland and METRO AG, where she held strategic and board positions. Her work is about nurturing success and happiness through training, consulting and coaching. She is an International Yoga Alliance accredited Meditation and Yoga teacher trainer.

Latha has an MBA in Human Resources and is an International Coach Federation accredited Leadership Coach.

<http://linkedin.com/in/lathagupta>



**Madhu Vazirani**

STRATEGY | THOUGHT LEADERSHIP |  
MINDFUL WELL-BEING

Madhu Vazirani is a thought leader, published author, and people developer. She has about twenty-five years of experience in business research, strategy consulting, and social development—working with Accenture, HCL Technologies, Société Générale, and British Council.

Madhu holds a post-graduate degree in commerce from University of Mumbai and executive MBA from University of St.Gallen in Switzerland. Madhu is a meditation practitioner for over a decade, a certified mindfulness facilitator, and a qualified yoga instructor, adept in inspiring individuals to well-being and a winning mindset.

<http://linkedin.com/in/madhu-vazirani-80b7015>

## ABOUT US

OD Mantra is a boutique Organisation Development company rooted in Mindful Leadership and Resilience practices. We partner to deliver customized programs for leaders, teams and organizations.

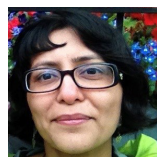
Our work creates insights that shift workstyles and lifestyles, helping live life high-definition.



**Deepa Balaji**

Singapore

Consulting | Facilitation |  
Entrepreneur



**Priyanka Choudhary**

New Delhi

Visual Artist |  
Founder - Why Art Initiative



**Madhu Vazirani**

Mumbai

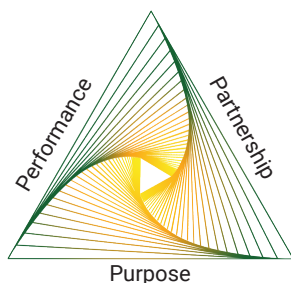
Consulting | Facilitation |  
Thought Leadership



**Latha Emmatty Gupta**

Pune

Mindful Leadership & OD  
Facilitation | Executive Coach



Prism program draws insights from



### CONTACT



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