



# Achieving Mental Flow & Thriving

## 1 Week Experience

When faced with change, uncertainty, and challenge, many leaders find themselves prone to underlying fears and anxieties that prevent them from achieving their peak performance. While many leaders try to “bounce back” from adversity, they struggle to truly thrive.

This 1-week experience featuring Dr. Srin Pillay provides a new approach with practical tools to develop the leader’s ability to adapt amid challenges. Participants will develop practical ways to accelerate their mental growth and become equipped to obtain a newfound sense of purpose that enables adversity to fuel, rather than inhibit, their best work.

**Estimated Time Commitment: 2.5–3 hours**

Faculty Video Lectures: 30 Minutes

Create Action Plan: 75–90 Minutes

Interactive Activities: 45–60 Minutes

## Key Learnings

- The Power of Possibility Thinking
- Overcome Obstacles to Possibility Thinking
- Become a Seasoned Mental Juggler
- Develop Mental “Free Flow”
- Improve Insight through Meditative Practices
- Find Your “I” to Discover Your “Why”

## Assignment Details: Create an Action Plan

- Target Roadblocks to Possibility Thinking
- Define Your Energized Purpose
- Plan to Thrive by Redefining Your Mental Approach

## Faculty Director: Dr. Srin Pillay



**SRINI PILLAY**

Dr. Srin Pillay is the CEO of NeuroBusiness Group, a company that specializes in developing transformational leaders and has been voted one of the Top 20 “movers and shakers” in leadership development in the world by Training Industry. He is an internationally recognized expert in applied brain science and human behavior.