



Our Corporate Programs

• Our Story	Page 1
• Introduction to Corporate Programs	Page 1
• Mindfulness, Meditation and CEOs	Page 2
• Leaders are bringing Mindfulness and Meditation to their employees	Page 3
• Importance of Mindfulness and Meditation for an organization	Page 3
• Everyone can become a "Buddha-CEO" Leader	Page 4
• Our standard "Buddha-CEO" Corporate Programs	Page 4
• An immersive experience	Page 5
• Typical structure of a Corporate program	Page 5
• Quotes from Corporate Leaders on our programs	Page 6

Our Story

The "Buddha-CEO Quantum Foundation" is a non-profit trust founded in 2020, registered in Karnataka, India and USA operating globally, with volunteers and participants across the world.

In a compassionate and friendly environment, we provide transformative meditation wisdom and techniques with a scientific voice to all leaders / aspiring leaders / students. Our programs, based on science (*including quantum physics, neuroscience, epigenetic*), enable them to gain energy and wellbeing, to transform inside out and empower them to live their dreams and grow their organizations successfully.

As they learn and practice regularly breath-mindfulness meditation, the participants naturally get inspired to inculcate more corporate social responsibility -- and even a spiritual dimension -- into their organizations and to build a more vibrant workplace, more harmonious communities, a more prosperous society and peaceful world.

Introduction to Corporate Programs

When we spend just few minutes surfing the internet, we discover so many success stories around the world on famous CEOs and business leaders (SAP, Apple, Google, Medtronic, Salesforce, Ford Motor, etc...), as well as athletes, actors, scientists, doctors, professors, government officials who have been practicing meditation, and have deployed the practice across their organizations, corporations, hospitals, police departments, schools, universities, teams, etc.

If we search into many organizational internal portals, we discover a wealth of content on mindfulness and meditation, which have been listed as "*success skills*" by several organizations, including IBM and Google, and also recognized broadly across the business as a great support to wellbeing and mental health.

Proven by many ancient practices and now corroborated well by neurosciences, quantum physics, epigenetics and branches of modern sciences, meditation is the foundational practice to nurture a mindful life and a growth mindset in any organization.


Mindfulness and meditation will foster both individual and organizational benefits including:

- **Mindfulness**, which means focused, collaborative, inclusive and creative culture and workplace.
- **Personal resilience**, which is about sustaining high performance and being at your best in any circumstance.
- **Growth Mindset**, which means embracing change, new challenges, bold goals and new learnings with an open mind and enthusiasm.
- **Engaged and accountable workforce**, which means ready to actively embrace business & life situations, be essential to the world, and enjoying the journey.
- **Positive leaders**, which is about managing teams with trust, transparency, equanimity, optimism and empathy.

Anyone in any job and role, at any age can practice meditation, and without necessarily holding on to any religious or mystical philosophy. Meditation is very, very easy to practice. In our programs, participants will learn and practice a very simple **breath mindfulness meditation** technique.

Mindfulness, Meditation and CEOs

Meditation and Mindfulness have been practiced by senior business leaders across the world since a long time, and these leaders are not shy to tell how essential the practices have been to their wellbeing and success overall.



Buddha-CEO
Quantum Foundation

Why Meditation ? Mindfulness, Meditation and CEOs

Steve Jobs did it. Salesforce CEO Marc Benioff and LinkedIn CEO Jeff Weiner do it. They and other top leaders meditate, and they **attribute no small part of their professional success to it.**

Forbes / Leadership

Health is not just about physical health, but it's also about mental, emotional, spiritual and social well being. This meditation program enhances all these aspects of life.


Harvard Business Review

Mindfulness is quickly following yoga in becoming a **billion-dollar industry**. It's no surprise, then, that the popularity of meditation - one way to practice mindfulness - is also growing among CEOs and senior executives. Why are




Padma Shri Dr. R.V. Raman
Founder – Managing Trustee,
Sankara Eye Foundation

We are that infinite energy with unlimited capability. The entire world is one big family. Meditation helps us to realize these concepts and live them. The meditation program by Buddha-CEO Quantum Foundation is really transformative !



Dr S V Balasubramaniam
Chairman, Bannari
Amman Group

I feel quite energetic throughout the day. I truly enjoy the process of meditation. This program is very well structured and taught.



S K Ghai
Chairman, Sterling
Publishing House

Meditation helps in reducing STRESS which is the seed of most of diseases. Practice & live life happily. Enjoy life everyday with Meditation.



Bill Gates, The founder of Microsoft says meditation is one of his most impactful practices.

Buddha-CEO Quantum Foundation –2021




Eileen Fisher
The Iconic Clothing Designer on Why Kindness Is Good for Business

mindful



LinkedIn CEO Jeff Weiner has acknowledged his daily use of guided meditations helps him to strategize and work proactively towards long-term goals.

HUFFPOST




Steve Jobs was an innovator who pursued the nature and enlightenment of life through meditation.


Extracts from Internet publications

Leaders are bringing meditation and mindfulness to their employees

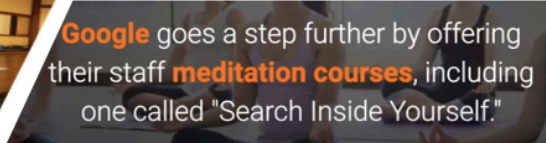
When leaders experience the benefits of meditation and mindfulness, they will naturally bring these practices, these skills, to their workplace. It will usually be enabled across the enterprise through Learning or Wellbeing programs or by local initiatives.



Why Google, Target, and General Mills Are Investing in Mindfulness
by Kimberly Schaubert
December 26, 2016





At General Mills, there's a **dedicated meditation room** in every building of their vast campuses.



Google goes a step further by offering their staff **meditation courses**, including one called "Search Inside Yourself."


From virtual meetings to meditation sessions, Satya Nadella's tips for working from home
The Microsoft CEO recently shared the guidelines for employees to follow.
By Anasoom Gupta, ET Bureau | Last Updated: Mar 30, 2020, 11:35 AM IST



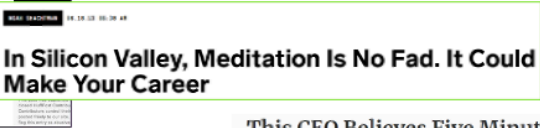


IBM Skills Gateway
Explorations into Mindfulness
Emotional Intelligence | Attention | Mental Management | Mindfulness | Relaxation Techniques | Self-Awareness | Visualization Practices | Communication Skills | Professional Skills

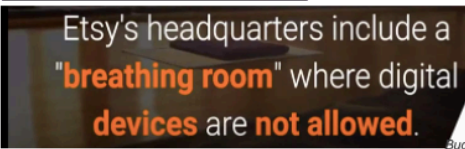
Mindfulness Is Aetna CEO's Prescription for Success




In Silicon Valley, Meditation Is No Fad. It Could Make Your Career




Etsy's headquarters include a "breathing room" where digital devices are not allowed.



This CEO Believes Five Minutes of Meditation Can Improve Your Leadership
Rish Datta Senior Contributor @ Entrepreneur
7 years about leadership, business, and meditation.
Yunha Kim



Meditation room at NIKE



Buddha-CEO Quantum Foundation – 2021

Why are mindfulness and meditation important for an organization



Meditation is the foundational practice to Mindfulness

Benefits of Mindfulness & Meditation (Surveys, Science)

- Increase energy, improves health and wellbeing
- Increases productivity and enhances creativity
- Develops confidence and intuition
- Increases thought power
- Boosts emotional intelligence and empathy
- Improves relationships and collaboration
- Builds resilience, agility and adaptability. Decrease stress
- Improve concentration, focus and calmness
- Improve clarity and decision making


Source: Association for Talent Development

A few of the many practicing companies




Buddha CEO Quantum Foundation – 2021

Leaders who are mindful tend to be more effective in understanding and relating to others and motivating them toward shared goals. Hence, they become more effective in leadership roles.



William W. George, professor at Harvard Business School, former chairman and chief executive officer of Medtronic

"While the benefits of mindfulness are important no matter where you are in the company org chart, it's especially vital for the hard-charging managers and leaders..." Arianna Huffington, President and Editor-in-Chief, Huffington Post Media Group



Everyone can become a “Buddha-CEO” Leader

Our Foundation wish to help everyone to become a “Buddha-CEO”, that means a leader who:

- Exhibits high energy all the time and leads from the front
- Leads with compassion in all decisions and takes responsible actions
- Encourages constant innovation and newness for true joy
- Uses competition only for developing more excellence and not to dominate or eliminate
- Recognizes that every employee has infinite hidden potential and encourages everyone equally
- Encourages everyone to see themselves as leaders, to solve challenges through intuition and inner strengths
- Provides freedom and a love-based, caring and inclusive environment for people to thrive, as opposed to stifling them with control and fear
- Recognizes the abundance of opportunity for everyone and focuses on his/her own business growth
- Finds meaning and purpose for the business and aligns employees for community enablement and individual fulfilment.

.... and is healthier and happier too!



Our standard “Buddha-CEO” Corporate programs

We propose four standard Meditation & Mindfulness programs. They can be customized to the needs of the organization.

Four ONLINE Programs : Science of Meditation & Guided Meditation for Wellbeing, Personal Resilience, Balance, Peak Performance				
Program Name	3 to 5-day Experience	11-day Awareness	21-day Balance	40-day Transformation
Program Objectives and Benefits	Understand the overview and benefits of meditation, Learn and experience meditation	Understand the Science, Ability to go into the flow of meditation, Experience initial benefits - awareness, calmness, positivity and sleep reduction for some	Initial habit formation, Positive thinking, Improved wellbeing including sleep quality, Mental benefits including stress and emotional control, More collaborative, Growth mindset, Confidence to realize goals, Mindfulness foundation	Meditation becomes habit, Physical and mental health benefits for many people, Improved relationships, Increased productivity, Greater clarity and creativity, Higher emotional intelligence, Non-judgmental attitude, Belief reprogramming, Personal transformation for many people with an enthusiastic and inspired outlook for life/goals
Session Detail *	Daily or alternate day 60-75min session	Daily or alternate day 60-75min session	Daily or alternate day 60-75min session	Daily or alternate day 60-75min session

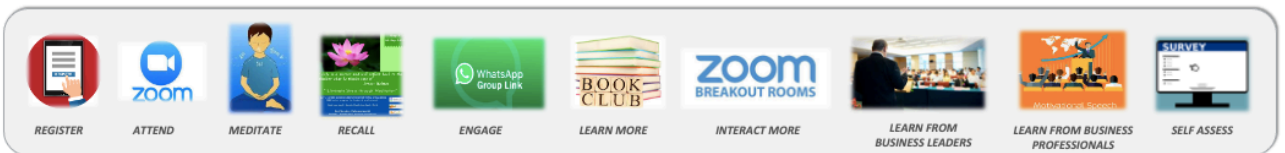
* Every day, meditation session for 75min are recommended, including on weekends for best results.

An immersive experience

Our Corporate programs propose an immersive experience for the participants. The choice of constituents will be jointly selected between the Organization and the Foundation for the best results. We use communication platforms such as Zoom (*the organization can decide to use their own private Zoom or video platform*). Recording can be done, so the replays will be made available for participants to catch up on some sessions they may have missed. All standard programs can be customized to your needs: duration, timing, days within the week, surveys, etc. The content can also be adapted to your priorities.



Our Corporate Program Constituents



Register for the Event at the announced link. We can enable registration on Buddha-CEO Quantum Foundation's Website or the Organization is directly enrolling with their methods.



Login to the published Zoom Meeting everyday at the same time mentioned. Daily Attendance will be tracked on Zoom.



Daily guided breath-mindfulness meditation practice for 30-40min with curated music and guidance. Weekly longer meditation sessions for shift in awareness !



Daily Newsletter about the session covered or higher wisdom to support the learning process and strengthen the behavioral change.



Participants will be mapped to pre-created **dedicated WhatsApp groups for interactions** with meditation teachers and other participants. Each WhatsApp group will be led by a Buddha-CEO Facilitator. Facilitators will ensure the participants get all the information communicated from the foundation reaches them and answer to their queries if any.



Knowledge is precursor to experience. Recommended scientific spiritual books **provide highest knowledge**. **Book club sessions** start by the second week for programs that are of duration 21 days or more. Book clubs serve the purpose of self-reading/learning and best interactions during the journey. The sessions will have facilitators, contributors and participants.



Business leaders from various industries who attended the meditation session conducted by the Buddha-CEO Quantum Foundation and invited to **share their transformational experiences** on how they have benefited through meditation.



Business professionals from various industries who attended the meditation session conducted by the Buddha-CEO Quantum Foundation are invited to share their transformational experiences on how they have benefited through meditation.



Breakout rooms are virtual rooms in zoom where the larger group is split into several smaller groups for better interaction. Each breakout room will have a Buddha-CEO facilitator and participants are invited to **share their experiences and questions** if any.



Self Assessments help to understand the shift in physical health, intelligence, emotional wellbeing and other transformations. These are done periodically once every 3 weeks during the program.

Buddha-CEO Quantum Foundation –2021

Typical structure of a Corporate program



One example of a typical 21 days dedicated Corporate program structure

Structure

- ✓ 3 weeks / 21 days with Guided Meditation
- ✓ Thrice a Week Master Classes
- ✓ Through Zoom Video
- ✓ Daily Newsletter to sustain personal practice
- ✓ Team of Counselors for personalized help
- ✓ WhatsApp Communities with Facilitators
- ✓ Self-Assessment surveys to track progress
- ✓ Option : Book Club
- ✓ Option : Certificate of Completion

Topics – Science of Meditation

- ✓ Fundamentals of Mindfulness Meditation
- ✓ Health, Wellbeing, Energy, Productivity
- ✓ Science of Friendship, Empathy
- ✓ Emotional Intelligence
- ✓ Power of Thought & Abundance

Objectives

- ✓ Improve mental wellness through better focus and reduced stress
- ✓ Enhance health and energy / vitality
- ✓ (Re)wire your brain for success, peace and happiness
- ✓ Increase the sense of connectedness and empathy; improve relationships
- ✓ Increase concentration, focus, clarity



Peak & Consistent Performance



Personal Resilience



Teaming/Friendship



Active Engagement



Buddha CEO Quantum Foundation –2021

What Leaders are saying about our Corporate programs

Some feedback from Leaders who recently participated to our programs and who organized sessions for their enterprise / organization:

"Many participants from this 3-week program found positive changes related to health, energy and performance." -- Sonal Bhirmani, Senior Director, Human Resources, **Cognizant**

"Each and every employee should undergo this meditation program." – Narendra Mairpady, Executive Director, **Mahindra First Choice** – Former IOB Chairman

"This program helps people to reduce suffering that many are feeling, caught in the stressors of the corporate world."—Steve Kloeblen, as CEO, **Velocity Technology Solutions**

"I feel energetic throughout the day, I truly enjoy the process of meditation. The program is very well structured and taught by the Buddha-CEO Foundation."—Dr. S.V.Balasubramaniam, Founder and Chairman **Bannari Amman Group**

Please Contact Us

For any program related information and registrations, please write to us on this email:
programs@buddhaceo.org

THANK YOU!



Buddha-CEO
Quantum Foundation