



Association of Professional Trainers SINGAPORE

SYNOPSIS

Mindfulness in Training – How to make a bigger Impact

More than 80% of world-class performers have some form of daily Mindfulness practice. The list includes Winfrey Oprah, Arnold Schwarzenegger, Ray Dalio- founder of Bridgewater Associates, Jack Dorsey- CEO of both Twitter and Square, Justin Boreta of The Glitch Mob, elite athletes like Amelia Boone to writers like Maria Popova.

It is about time that we as trainers experience the Magic of Mindfulness! Know why mindfulness is so talked about in organizations and families alike and how it can transform your training.

Key Topics

1. How would upgraded version of the trainer inside you (Trainer 2.0) look like?
2. What is stopping you from getting there?
3. Understanding your Mind and its present state
4. Basics of Mindfulness and the four blocker tracker technique
5. Learning to apply this technique (3 above) to bring about the impact you want

SPEAKER

Kalyan's life journey can be described as anything but conventional. A high profile Accountant and Certified Coach, he did not have everything going for him from the beginning.

From a lower middle class upbringing in India to practising meditation at Buddha's birthplace, Lumbini to being a sought after corporate employee, one thing that he has held on to is his practice of mindfulness which he started as teenager in India.



Kalyan's strong belief in living the life of one's own choice has been a driving force in his life and has made it possible for him to garner Coaching & Corporate experiences spanning from Lumbini to Africa, USA to Europe and other parts of the world.

Born in a family with a humble background, there were times when Kalyan had to wander around the city without slippers or wait for the whole day to eat a meal of rice for dinner.

At that time, when continuing education and clearing even secondary grade seemed difficult, he beat all odds and went on to acquire degrees not only from India but from all over the world. He is a Certified Public Accountant from the USA, Chartered Accountant from Singapore and Certified Management Accountant from India.

In a successful corporate career spanning over 20 years, Kalyan has worked for organization from the USA, Europe & Asia.

Through all these up and downs, his practice of mindfulness certainly helped him to persevere and achieve his goals.

Since the age of 18, Kalyan's daily practice of meditation, his experiences with Siddhi Ananda Yoga in India and Vipassana in Lumbini have laid the foundation for mindfulness for him. Kalyan has been practicing mindfulness and also coaching people for more than 20 years. He started with coaching students and went on to coach corporate teams and leadership at various organizations. Kalyan now coaches not only the senior managers in Corporations but also addresses personal transformation in individual clients.

Kalyan has worked towards harnessing the power within so that he could drive his life the way he wanted it to be.

He was faced with one of the biggest turmoil in his life when his spouse left him without notice and relocated to overseas, also taking away their four-year-old daughter with her. A few weeks later, when her daughter spoke to him over phone for the first time after she was taken away, telling him that she wanted to come home, there were two options in front of him, either to respond with anger and frustration or to show the little child a positive side of life. The fact that he could choose the latter option, not only helped him to come out of the situation much stronger but his daughter could also experience the power of positivity and adapt to such a magnanimous change at such an early age.

When he sees that his daughter has come out of the situation unscarred and is growing up into a compassionate and happy person, his belief in the power of mindfulness is strengthened.

Kalyan is confident that mindfulness can make a difference to anyone who is looking for a positive transformation. Apart from Corporations, my clients include Harvard Alumni, MIT Students, Business Owners, Mid-life professionals and House Wives.

Kalyan gives coaching to a wide set of audience from across the world through Skype as well as in person

Last event highlights (2 Minute Video): Magical Evening with Mindfulness

Certifications

Certified Professional Co-Active Coach (CPCC) from Coaches Training Institute®

Associate Coach Certification from International Coaching Federation

Certified Personal Trainer from American Institute of Sports and Medicines

More About Kalyan:

<https://www.linkedin.com/in/kalyanbb>

<http://www.bethebestself.com/>

<https://www.facebook.com/bethebestself/>; <http://www.bethebestself.com>

<https://www.youtube.com/channel/UCY4HCT-lpNOF9yoeF7ZVZ9A>