

Mastering yourself with InnerWise

Inner Intelligence + Neuroscience + Mindfulness

The science-backed secret of working optimally and living joyfully.

A transformational experience that will bring out the best in you and your team from the inside out.

Mindful Living offers a unique recipe combining eastern wisdom (mindfulness practices), western neuroscience, and emotional intelligence to tap into your inner intelligence for peak performance, health, happiness, and holistic wellbeing.

Our custom-made programmes range from a half-day to six months including:



Custom programmes
from half-day to 6 months

- ✓ Mindfulness
- ✓ Mastering Mind Matters
- ✓ Neuroscience
- ✓ Emotional Intelligence: Self-awareness, Self-Management, Empathy, Trust, Communication, Collaboration
- ✓ Leadership, Productivity, and Resilience

WHAT'S INSIDE

Our transformative workshops feature

● Science-backed and time-tested techniques

Mastering Yourself helps people bring out the best in themselves. The programme has been described as “life-changing,” as it allows for deep transformations through accessible and practical content.

The tools, practices, resources, and exercises you'll learn in the programme will help to:

- Improve performance and focus on the job.
- Be emotionally ready (in 5 minutes or less) to meet emergencies.
- Improvement in physical and mental well-being.
- Increased energy and awareness.
- Develop skills to lead and influence more effectively.
- Improve your empathy, connection and communicate skills.
- Achieve greater work-life balance and joy.
- Manage stress and experience greater overall well-being.
- Develop greater resilience and emotional regulation in the face of challenges.
- Develop greater self-awareness, motivation, and resilience.
- There is an increase in the number of new ideas, mental clarity & creativity.

● Unique advantages

- Custom Mindful Living AI tools are designed specifically for your organization.
- Educational and personalised programmes for better physical and mental health
- Immersive leadership and team building activities
- AI-based technology for 24/7 personalised interactive coaching
- Expert guidance
- Quantitative and qualitative research

● A lively, interactive, and enjoyable format

- Intensive workshop integrating evidence-based theories and techniques
- Led by experts in mindfulness and wellness
- Individual and group exercises and hands-on activities
- Keynote speakers share cutting-edge approaches to wellness
- Groundbreaking ways to build consistently healthy behaviors