MIND MATTERS OPEN TLEX
For Agility and Resilience

15-16 June 2019
Central London, UK
Mind Matters for Agility and Resilience

The Challenge
Today’s world is complex, demanding and constantly changing. The possibility of rapid change and communication not only opens up new opportunities, but also leads to higher performance demands and a growing workload. Information and communication technologies allow the overcoming of spatial separation, resulting in accessibility around the clock and in every location.

What can be done when high potential individuals need to continue to perform at top speed and under challenging, ever-changing circumstances? How can they uphold a high level of performance and at the same time stay calm, relaxed and focused?

Overview
The TLEX Mind Matters for Agility and Resilience program includes self-management and mind-management. At the heart of the program are hands-on exercises on mind-management, a set of relaxation techniques and breathing exercises as well as the trademarked SKY technique.

Benefits
- Increased Resilience: Staying calm, relaxed and focused in challenging situations.
- Heightened Agility: Being able to keep moving and performing while stepping back to identify dynamic needs and opportunities during times of complexity and change.
- Strengthening personal presence and leadership qualities

WHAT PARTICIPANTS SAY
We conducted a study with 1,128 participants from across 30 countries:

Impact on well-being, performance and social connectedness

90% of participants agreed that TLEX techniques increase their ability to stay calm in difficult situations.

85% of participants agreed that TLEX techniques will have a positive impact on their working day.

85% of participants agreed that TLEX techniques increase the ability to listen to and accept multiple perspectives.

83% of participants attested to the fact that TLEX techniques increase the ability to stay focused on job at hand.

“I enjoyed the workshop very much. I couldn’t have used my time better. The workshop was extremely effective and made a strong impression on me. It was one of the best training events I have ever attended at Microsoft. The quality of my work both at home and in the company has improved considerably since then.” Payal Gupta Tiwana, Head of Program Management at Microsoft
Mind Matters for Agility and Resilience

Content

The Mind Matters program was developed to increase well-being and awareness in everyday life and to practice the skills to tackle challenges with focus, courage and energy.

Some of the contents are:

<table>
<thead>
<tr>
<th>Work Life Integration</th>
<th>Mindfulness Techniques</th>
</tr>
</thead>
<tbody>
<tr>
<td>Presence in Management</td>
<td>Brain-friendly working structures</td>
</tr>
<tr>
<td>Agenda:</td>
<td></td>
</tr>
</tbody>
</table>

June 15 | 10.00-13.00 hr

Welcome and introduction to the topic
Stress & Energy
The circumstances and my perception
Mindfulness - practical techniques

June 16 | 10.00-13.00 hr

Work-Life integration and presence in everyday life
Mindfulness - advanced techniques
The Science of Breath and Mindfulness Techniques
Creating trust in my environment

Venue
Central London

Registration
s.saraswati@tlexinstitute.com
+447340047274
Trainers

Gaurav Gaur
Trainer and Consultant

Gaurav has been conducting resilience, agility and leadership trainings for over 13 years across Europe, Russia, Middle East, US and Africa. Some of his clients include IKEA, Nivea, Deloitte, Deutsche Bank, Atlas Copco and Warwick Business School. Prior to joining TLEX Gaurav worked in banking New York, London and Mumbai for Citibank, Lehman Brothers and Barclays. Gaurav has an Engineering degree from IIT-Bombay and an MBA from Cornell University, USA.

Rachna Tulsian
Trainer and Consultant

Rachna joined TLEX institute in March 2016. Prior to that she was conducting stress management and mind management workshops in UK. She has lived in six countries across the globe and thus has gained a wealth of experience working with diverse cultures. Rachna has over 7 years’ experience in delivering mind management, team building, leadership and wellness programmes to people from all walks of life. She has trained and coached entrepreneurs, leaders, doctors and has worked closely with many corporations. Some of her recent clients are Thomson Reuters, HSBC, Accenture and Visage Group. Rachna holds a B.A in Education from the University of Kolkata, India. She has held board positions in a local charity in the UK and a global NGO.

Some TLEX Clients
Shailja Saraswati
Consultant, TLEX UK
+447340047274
s.saraswati@tlexinstitute.com

TLEX Europa
TLEX GmbH
Renggstraße 33 16052
Hergiswil NW Switzerland
TEL: +41 41 970 38 73
email: europe@tlexinstitute.com

TLEX North America
TLEX Institute
2401 15th Street, NW 120009
Washington DC USA
TEL: +1 415 373 4080
FAX: +1 415 373 4080
email: info@tlexinstitute.com

TLEX Asia
21st km Kanakapura Road
Bangalore South I
Karnataka, 560082 India
email: asia@tlexprogram.com

TLEX Russia
105005, Moscow city
Nizhnyaya Krasnoselskaya 35, building
64, office 605 Russia
TEL: +7 (912) 633-35-35
email: russia@tlexinstitute.com

www.tlexinstitute.com