

SCOPE/Prog/22-23  
18<sup>th</sup> April, 2022

Dear *Chief Executive,*

**Sub: Two-day Virtual Workshop 'Mindfulness for Organisational Excellence'**  
**for Executives: 19- 20 May 2022**

As you are aware, SCOPE continues with its endeavours for, building capacities in PSEs and providing avenues for skill enrichment, it also focuses on enhancing the well-being of the Public Sector fraternity. In this regard, while SCOPE has been organizing many workshops on health, the apex body has also given due consideration to strengthening mental well-being.

In this context, SCOPE had organized the 1<sup>st</sup> virtual Workshop on Mindfulness for Organisational Excellence for Executives in January, 2022 which received overwhelming response from the CPSEs. The objective of the workshop was to assist people in coping with change, adapt it and also positively work on the same to succeed.

Considering the positive feedback of the program and increasing significance of mindfulness training to enhance professional well-being and productivity, SCOPE is organizing its **2<sup>nd</sup> Virtual Workshop on Mindfulness for Organisational Excellence for Executives on 19<sup>th</sup>-20<sup>th</sup> May, 2022 (Thursday and Friday)** with renowned lifestyle coach **Mr. Ashis Sen**.

Given the importance of the mindfulness training for organisational excellence, you may like to nominate middle level executives for this Two-day Mindfulness Workshop. The detailed Brochure is enclosed for your kind perusal and circulation to appropriate departments.

The nominations may be forwarded to Ms. Hema Koul, Prog. Coordinator, SCOPE, on e-mail [ca@scopeonline.in](mailto:ca@scopeonline.in) (Mobile: +91 9899362335) latest by the 17<sup>th</sup> May, 2022.

With regards,

Yours sincerely,



(Atul Sobti)

Encl.: As Above

To: Chief Executives of CPSEs

Copy to: 1. Director (HR) of CPSEs  
2. SCOPE Nodal Officers

**STANDING CONFERENCE OF PUBLIC ENTERPRISES**

(An apex body of Public Enterprises)

**2<sup>nd</sup> Virtual Workshop on**  
**“Mindfulness for**  
**Organisational Excellence”**  
**for Executives**

**Mindfulness**  
**in the**  
**Workplace**

*Where Peacefulness and  
Productivity Intersect*

**Date:**  
May, 19<sup>th</sup> & 20<sup>th</sup>, 2022  
(Thursday & Friday)

Organised by:

**Standing Conference of Public Enterprise (SCOPE)**

Knowledge Partner:

**Ashis Sen Consulting & Coaching**

## Why should Your Organization must participate in this Workshop?

Some of the most successful and global organizations have invested in Mindfulness as a part of effective Management Capability Building. Mindfulness interventions have recorded improved employee satisfaction and performance.

Competencies critical for effective leadership viz. empathy, decision making, self-awareness and self-regulation have witnessed marked enhancement. These skills, which normally take large-scale training and development investments and nurturing time, can be achieved with Mindfulness intervention at a nominal investment and effort. These skills are connected to better self and people management leading to superior business outcomes. Research has validated the same.

It is important to note that the work environment is changing rapidly especially during the tough times the world is currently passing through on account of Covid-19 crisis. The crisis has accentuated both the number and frequency of tough people and business challenges. **That is where Mindfulness comes in. It enables people to deal with uncertainty and chaos while managing stress effectively.**

Several well-known and leading organizations globally and a few Maharatna PSEs and other organisations in India have recognized the benefits that Mindfulness brings and have built mindfulness capability through trainings.

## Scientific Rigor for Mindfulness Trainings



If you are still skeptical about the business case for Mindfulness Trainings, Harvard scientists found that Meditation conclusively and positively changes your brain structure. Harvard Business Review reports that brain activity is redirected from the limbic system to the prefrontal cortex—basically from the reactionary part of the brain to the rational part of the brain. This change causes us to "change the way we react to everything," and enables us to rely more on our executive functioning rather than impulses.

Daniel Goleman best known author of 'Emotional Intelligence,' in his Article titled, "Here's What Mindfulness Is (Isn't) Good for in Sep 2017 issue of HBR, "By better understanding when the Mindfulness is the right approach, HR and training programs can better enhance both leader

performance and employee well-being.' The solid studies by University of Wisconsin neuro scientist Richard Davidson and Daniel Goleman reveal that there are four real benefits from Mindfulness: stronger focus, staying calm under stress, better memory and good corporate citizenship."

**Mindfulness should no longer be considered a 'nice to have' for executives.**

**It's a must have.**



Harvard Business Review, Jan 2015

## Business Case for Mindfulness Training

Mindfulness is now fully mainstream. From apps to pop-ups to the boardroom, you can become Zen anywhere, anytime. Meditation is now mainstream. **Mindfulness is no longer a buzz word, it is the source of competitive advantage for organisations.**

According to Peter Bostelmann, Chief Mindfulness Officer at SAP, teaching employees to be Mindful pays off. He puts the return on investment at 200 percent, measurable not only through participant feedback, but also through the increase in the Employee Engagement Index and the reduction in staff sick leave. These values affect business results: SAP's operating profit increases by €50 million to €60 million for every percentage point increase in the Employee Engagement Index, he says. One percentage point increase on the Business Health Culture Index, which, like the employee engagement Index, is also measured annually in the People Survey, raises profit by €85 million to €95 million, he adds.

## Workshop Benefits

- The Workshop has unique blend of both Conventional Knowledge of the East and Scientific Rigor of the West. The sessions have been created in a manner that the participants understand the benefits related to:
  - ❖ In addition to the above benefits the participants will be able to
    - ❖ Manage their daily stress better
    - ❖ Manage disruptive emotions better
    - ❖ Improve their interpersonal relations
    - ❖ Improve their well-being



Health and Immunity



Decision Making



Empathy



Social Relationships



Process of Improving Executive Maturity



Managing Emotional and Enhanced Self Awareness

- The associated Brain and Neuroscience benefits help the participants to realize the business case for pursuing Mindfulness and often becomes the pivot for commitment to the process.
- **Main Benefits:** Mindfulness is good for our bodies as it boosts our immunity system, improves sleep quality, enhances cognitive and thinking ability of our brain, acts as antidepressant and fights depression and alters brain structure in a positive way while improving attention skills, memory and decision-making.
- **Special Benefits for Executives:** Mindfulness improves Self-awareness and Empathy-two critical Emotional Intelligence Competencies crucial for executives more so for executives in higher positions.

# TESTIMONIALS

of 1<sup>st</sup> Virtual Workshop of SCOPE on Mindfulness for Organisational Excellence for Executives on 24-25 January, 2022

“ The workshop helped me with content and skills for improving my individual and team ”

“ Great sessions. Learning from the practitioners made it fun ”

“ This program is really help full in the present time of stress and pressure at s well as professional life ”

“ I strongly believe that the program is very motivating and will request my office to conduct the same for my colleagues ”

“ It was a wonderful and interactive session on Mindfullness which will help us both on personal and professional front ”

“ It was a wonderful oppotunity to revisit and review my action and responses to everyday issues, which till I was doing automatically without noticing the impact, I aim to use learnings to improve my professional and personal life ”

“ Very nice workshop... learned a lot. Thanks for giving the opportunity ”

“ Workshop has been extremely informative both qualitatively and quantitatively and has provided me with most important tools and techniques for improving my personal and work life ”

“ Very well structured and well articulated. The program will immensely help in realizing my personal and professional goals ”

## WHO SHOULD ATTEND

The Workshop is for Managerial Level working across all the functions and departments.

## CERTIFICATION

Each participant will be awarded a certificate of merit after the completion of the course from SCOPE and ASCC.

PROGRAM FACILITATOR:

**Mr. S. A. Khan**

Lead Associate (Corp. Affairs), SCOPE

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## DATES

19<sup>th</sup> & 20<sup>th</sup> May, 2022

## FINANCIAL & MODE OF PAYMENT

Program fee is ₹ 14,500 per participant plus GST as applicable. Payment to be made by ECS/Cheque/ Demand Draft in favour of "Standing Conference of Public Enterprises" payable at New Delhi or through NEFT as per details given below:

A/c Name	STANDING CONFERENCE OF PUBLIC ENTERPRISES
Bank Name	BANK OF BARODA
Branch	SCOPE COMPLEX, LODHI ROAD, NEW DELHI - 110 003
A/c Type	Savings
A/c No	72870100000794
IFSC Code	BARB0DBSCOP (5th digit is Zero)
GST NO.	07AAPFS7390N1Z7
Reporting Time	9.30 a.m. on 19 <sup>th</sup> May, 2022

**NOTE: The ZOOM Link for the Workshop will be sent on nominated executives emails**

## REGISTRATION

Nominations may please be sent to **Ms. Hema Koul, Program Coordinator, SCOPE at E-mail: ca@scopeonline.in, Mobile: +91-9899362335 , Phone: 011-24365418, 24361745.** The program intake is limited, so that participants are able to benefit from interactions with the faculty. It is therefore requested that nominations may be sent at the earliest so as to receive latest by 17<sup>th</sup> May, 2022. It may be noted that nominations will be confirmed on "first come first served basis".

## RESOURCE PERSON

### Ashis Sen, PhD

CEO & MD, ASCC

Dr. Sen is a globally acclaimed facilitator. Having been the Head of Corporate Learning & Development, L&T and Head of Capability Building (L&D) at HPCL, Dr. Sen brings over 32 years of practical experience. He is a Member of the EI Consortium USA, founded by Dr. Daniel Goleman (the celebrated Author of the book - Emotional Intelligence) and has been recognized by Dr. Goleman for work on Emotional Intelligence in India. Dr. Sen has successfully conducted Mindfulness workshops for the executives of PSEs like ONGC, IOCL, JCIL, SPMCIL, etc. which were highly appreciated, and excellent feedback was received.

Dr. Sen is certified on ESAP by EI Learning Systems, USA and is the leading subject Matter expert in the area of Emotional Intelligence and Mindfulness. Dr. Sen has also authored several books some of which are now being used for reading by IIMs, and at the Houston Victoria University. His extensive work as an Internal Coach on leadership and visioning has been appreciated by none other than Dr. Peter Senge, Sr. Faculty at MIT Boston and author of the seminal book "The Fifth Discipline— The Art and Practice of the Learning Organization. He is the founding member and Chairman (Hon.) of FEIL (Forum for Emotional Intelligence Learning), India.



**SCOPE**  
PROMOTING EXCELLENCE

**Standing Conference of Public Enterprises**

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