



vedavani

TRAINING SOLUTION

www.vedavaniworld.com



ABOUT US

As professionals today, we live and work in exciting yet challenging times. Stop and think about the amount of major change our workplace continues to experience, with more technology and automation, new business models, evolving product and service offerings, and ever-increasing customer expectations. In today's business environment, staying ahead of the curve can be extremely challenging.

At Vedavani, we address this challenge and we are dedicated to helping individuals unlock their full potential and achieve holistic wellness. Our comprehensive training programs enrich minds and empower individuals to embrace their true selves.

- Vision: Elevating Mind through Holistic Training, leaving a positive imprint on the world
- Mission: Our mission is to provide individuals with the tools and guidance they need to embark on a transformative self-discovery journey. Through our programs, we aim to leave a positive imprint on the world by empowering individuals to create a ripple effect of positive change.



OUR APPROACH

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Art of Working Skillfully with Equanimity

We believe that calm, happy and self-aware mind is "Productive Mind". Our training approach is holistic which leads to self-discovery, explore the physical, emotional and spiritual well-being while creating a deeper understanding of the true self which leads to find the "True and Strong Purpose and Meaning of Life".

PROGRAMS



FLAGSHIP WORKSHOP



- **Journey of Self Transformation - Lessons from Bhagavad Gita**

The Bhagavad Gita, an ancient Indian text, is a treasure trove of wisdom and guidance for self-transformation and personal development. Its teachings can significantly benefit a company's employees and enhance productivity in several ways:



- **Energy - Enthusiasm - Excitement (Outbound Training)**

Outbound training that emphasizes energy, excitement, and enthusiasm enhances team collaboration, boosts employee engagement, and develops problem-solving skills. This leads to improved communication, increased innovation, and higher productivity. Ultimately, it creates a more dynamic and motivated workforce.



- **Spandan - Stress Management & Internal Happiness Enhancement Workshop**

A stress management workshop can boost employee well-being and productivity by teaching effective coping strategies and promoting a supportive workplace culture. Implementing regular sessions and involving leadership ensures ongoing support for stress reduction initiatives.

LIFE SKILLS WORKSHOP (Experiential Learning)

- Supervisory Development Program
 - Team Building and Team Management
 - Leadership Development Program
 - Change Management
 - Conflict Management
 - Problem Solving and Decision Making
 - Presentation Skill
 - Effective Communication
 - Stress Management
 - Mindfulness & Meditation
 - Emotional Intelligence
 - Fire and Glass Walk
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Served By Our Team



OUR CORE TEAM



Avadhesh Kumar

Avadhesh has total 25 years of Experience out of which 22 years in Learning and Development. Avadhesh expertise in Self-Management, Stress Management, Manager to Leader, Outbound and Stress Management Workshops .



Rajan Bhardwaj

Rajan Bhardwaj has 21 years of Experience out of which 12 Years in Learning and Development. Rajan expertise in Financial Management, Managerial Effectiveness, Presentation Skills and Fire Walk workshops.



Felix Fernandes

Felix has 25 Years of Experience out of which 17 years in Learning and Development. His expertise is in conducting Emotional Intelligence, Change Management, Sales Management and Team Building workshops along with other Life Skill workshops.



Sharad Khanna

Sharad has 30 Years of Experience out of which 14 years in Learning and Development. Sharad is Life Skills and Outbound Trainer. Sharad is passionate about wild life and nature.



Ishank Anchal

Ishank has 8 Years of Experience out of which 6 years in Learning and Development. His expertise is in conducting Leadership Workshop, Emotional Stability, Project Cycle Management, Digital Marketing along with other Life Skill workshops.



Sanjeev

Sanjeev has 20 years of experience out of which 12 years in the L&D domain. His core strength is in Hospitality and Communication.

ROSHANI



Roshani is a young social entrepreneur dedicated to helping individuals achieve "Eternal Peace and Happiness". Early in her training career, she observed that many participants lacked this deeper sense of fulfillment, which adversely affected both their "Professional and Personal" lives. To address this, she founded "Vedavani" to bridge the gap between "External and Eternal Happiness"

Roshani is a certified yoga teacher from the International Sivananda Yoga Vedanta Centre and is also trained as a Sound Meditation (Nada Yogi) and Mindfulness Facilitator, Swara Yogi, and POSH and Outbound Trainer.

FOUNDER & CHIEF BELIEF OFFICER

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