

Presentation by Dr. Jagdish Parikh

## **Leading Your Self : Achieving Sustainable Excellence**

Offered as 1.30 hrs. Keynote; or as Half Day; Full Day; 1.5 Days or 2 and 3 Full Days sessions, with customised Sub-Titles

### **Objective:**

*Managers are increasingly exposed to concepts such as creativity, strategy, change, innovation, vision, leadership, etc. However,, there continues to be a gap between what managers want to - or should do - and what they are actually doing or are able to do. This session explains why this is so, and provides very simple and practical concepts and processes to bridge the gap between their “know-how”, “do-how”, and “feel-how”, to convert knowledge into behaviour, and to achieve sustainable excellence —most relevant in the highly stressful contemporary life and work.*

### **Content:**

*This presentation deals with the Context for Leading Your Self (Why lead one’s Self), Concepts of the Self (What is the Self), and the Processes for Leading the Self ( Physical, Mental, Emotional dimensions of the Self). It offers practical and easy exercises, and explains how to integrate them in one’s daily routine for transforming one’s functioning from reactive constraints to proactive courage and creative intelligence---considered essential in the post modern organisations*

### **Process:**

*The session consists of a mix of knowledge, skills and attitude, concepts and exercises, which focus on the manager as an individual human being with his / her own unique physical, mental and emotional dimensions, having multiple and often conflicting roles to perform, at work as well as at home. It is a synthesis of the scientific and rational temper of the West and the perennial intuitive wisdom of the East---a refreshingly unique offering amidst the conventional approaches.*

*It consists of Power Point presentation, exercises, and interaction with the participants.*

***These presentations have been acclaimed as providing the “critical missing element” in contemporary management programmes, because of their unique content, process, relevance, and style***

**Other possible Titles / Sub-titles:**

- Achieving sustainable Excellence
- Personal Strategies for Professional Excellence
- Converting knowledge into performance
- Converting negative stressors into positive energisers
- Optimising Stress
- Managing Relationships
- Living and Leading at the *next* level
- Synthesis of Western Knowledge and Eastern Wisdom
- Leading from Within
- Transformative Leadership
- Visionary Leadership

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**Dr. Jagdish Parikh**  
on

## **Leading Your Self**

### **Achieving *Sustainable Excellence***

#### ***Bettering Your Best***

##### **Synthesis of Western Knowledge and Eastern Wisdom**

These days, executives are facing intensifying conflicts at home, at work, and elsewhere, leading to excessive stress. They are also increasingly exposed to concepts such as creativity, strategy, change, innovation, vision, leadership, etc. However, these have not helped them in resolving their conflicts or enhancing their performance or even generating more peace and harmony in their life and work. This brief presentation explains why this is so, and provides very simple and practical concepts and processes, which can be easily integrated in one's daily busy routine. It will help transforming one's ways of thinking, feeling, and functioning,--enabling living and leading at the **next** level

**It is a presentation with a difference to make a durable difference**

### **Leading Your Self Makes Good managers Better**

**Dr. Jagdish Parikh**, from India, is a Harvard MBA, an entrepreneur, businessman, and an educator of international repute, teaching globally in Multinational Corporations and leading International Business Schools. His popular and acclaimed topic "Leading Your Self", is a unique synthesis of Western knowledge and Eastern Wisdom, and of Concepts and Processes. He is also an author of a few Books, the most popular best seller is "Managing Your Self: Management by Detached Involvement"

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