

# Setting goals

Some people might be fantastic at recognizing what clients/bosses need.

Some people might be very good at feeling the mood of a room and tracking that moment-to-moment.

Some people might be very skilled at making new connections, have extensive networks.

Some others might be very good at understanding the political dynamics of a company.

If you're at a high level in business, odds are you're pretty good at many of those. Social intelligence is a composite of many abilities.



# **Social intelligence holds the key!**

**Listening poorly is the common cold of social intelligence. And it's being made worse by technology. To have a human moment, you need to be fully present. You to be away from your laptop and your Blackberry; you end your daydream and pay full attention to the person you're with.**

**It may sound rudimentary, but think about how often we just keep multitasking and half pay attention. You can overcome that by becoming mindful of what is happening.**



# Regain your true nature

**As we grow older we hesitate to ask for anything as we fear rejection.**

**We keep wishing for and bemoaning what we think we don't have.**

**Husbands keep wishing for wives who are more caring and patient.**

**Wives keep dreaming of husbands who are more romantic!**

**But as children we did it with supreme confidence!**



# The 5 partners in action!

## Ancient wisdom

We need to attend to the five partners in action:

- our body,
- mind with it's five senses
- *prana* engaged in five different actions
- Soul
- The Supreme.



# BODY

## ❖ You Become What You Eat

We need to Balance the 5 elements through food for our well-being



# BREATH

- ❖ **Mind is harder to control**
- ❖ **Breath is more tangible than mind**
- ❖ **Work through the breath**



# **Breath – some scientific evidence**

**A person releases 150 volatile substances (bio-effluents) into the atmosphere.**

**– Dr. Bill Wolverton, NASA Scientist who researched on ‘Plants and Indoor Pollution’.**



# **Work can never tire you!**

**People generally believe work tires them.**

**What tires you are your worries about the past and anxiety for the future.**

**The undisciplined mind too easily slips into the past and future, veering toward likes and dislikes that prevent you from staying focused.**



# TIPS FOR STRESS-FREE LIVING

**Understanding the past, planning for the future, but not to forget to rejoice on the present.**

**To appreciate that only this moment is given to me- provides distinct scope for being both less stressed and more productive.**



# Wisdom For Stress-free Living

**COMPLAINING** is the  
**Hallmark of a non-doer!**



# STRENGTH AND SUBORDINATION

Many people feel that when you work under someone, you lose your freedom, you have to be answerable.

If you feel uncomfortable working under someone, it clearly shows you need to strengthen yourself.

Desiring freedom from circumstances, situations or people is no freedom at all.

Knowing that nobody can take away your freedom – that is strength! And when you realize your strength is unshakable, you would not mind working under anybody.



## Reflect on the limited nature of life

- **Look at this life right now! Inhalation, exhalation. If the next inhalation does not happen, that's it..**
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- **We are like a bubble. When it is on, it is so real. One prick, we are gone. That is how fragile this life is. People always think death is something that happens to somebody else. It is not so; it will happen to you and me.**
- **If you are aware of the mortal nature of your life, its there time to get angry with somebody, to quarrel or do anything stupid. Once you are conscious about this, you will want to make to make every moment of your life as beautiful as possible.**
- **Those who are constantly aware of the fragile nature of existence, they don't want to miss a single moment; they will live purposefully.**



You clean your windows, your  
tables, wash your clothes, but  
you forget to wash this mind!

