

Find purpose  
Create impact  
Write a new story

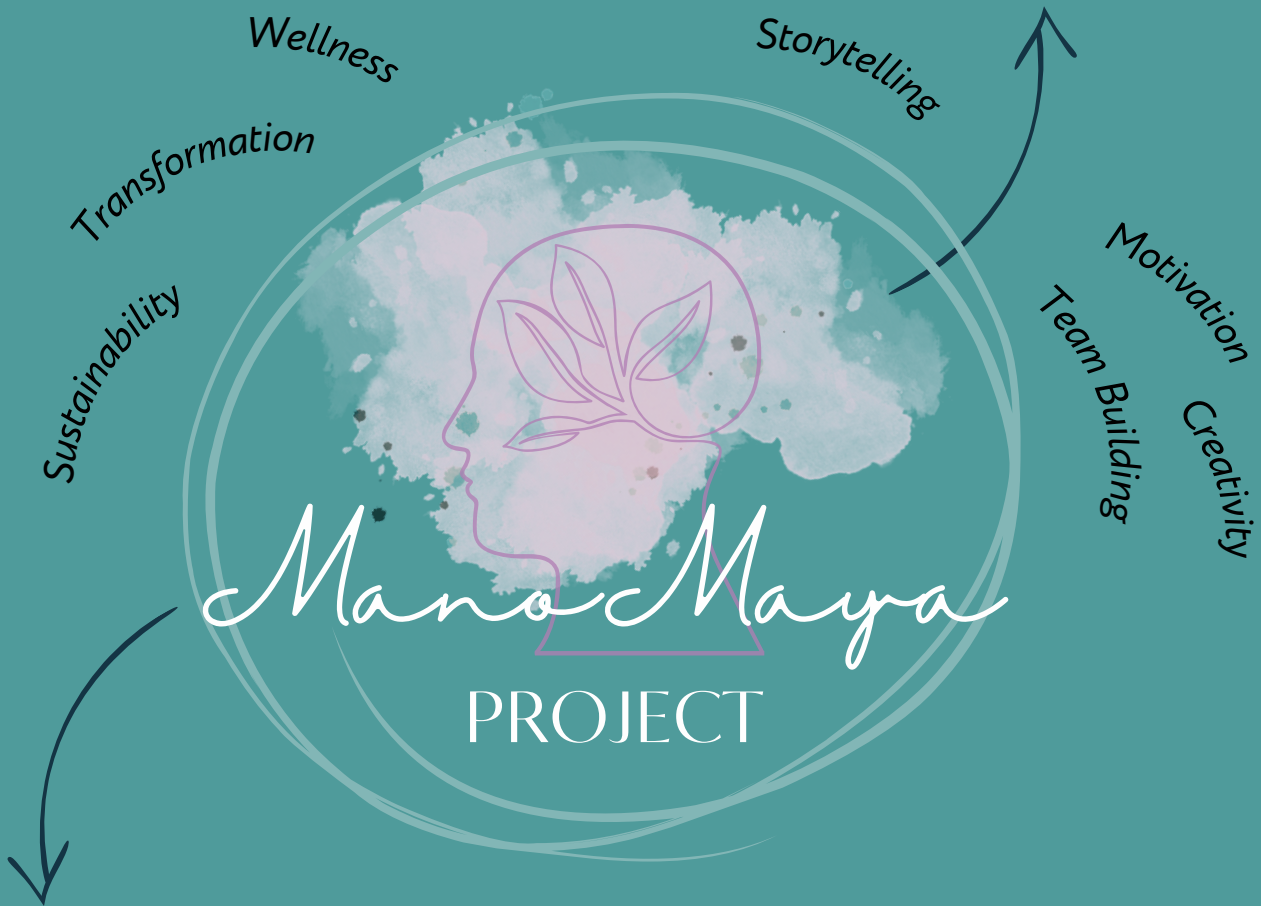


Manoa Maya

PROJECT

3-day mindfulness, sustainability and  
creativity programme for *teams*

# Purpose & Impact Development Program for Teams through Mindfulness & Imagination



**Manomaya** comes from a yogic concept of "koshas", which means "layers" or "sheath", which constitutes our human being. Manomaya kosha is the mental sheath of the body and includes our feelings, thoughts, emotions, memory and imagination.

# AND MORE CONCRETELY?



## What

A training & mentoring programme for teams designed to spark creativity, efficiency and wellbeing and create a new impactful evolution through storytelling.



## Why

To enhance the team's strength, happiness, and sense of purpose, while fostering new perspectives, authentic connections with self and others, and adopting mindfulness and sustainability practices.



## How

3-day intensive program with a dynamic blend of knowledge-based webinars, interactive group exercises, short daily homework assignments and mentoring support.



## Who

For all kind of teams: businesses, organizations, working groups, and collectives, start-ups.



# PROGRAM BREAKDOWN



## Day 1. Consciousness

Explore the topics of mindfulness, self-awareness, inner compass, storytelling, create your character and introduce them to the story. Let the adventure begin!



## Day 2. Connection

Build conscious and authentic relationships with others and the environment, manage challenges mindfully and unfold the story of your character.



## Day 3. Compassion

Develop an open attitude towards yourself, others and the planet, and delve into the themes of sustainability and spontaneity-creativity to find a new impactful evolution for your character and yourself/your team!



## SO WHAT DO YOU END UP WITH?



- Mindfulness habits for personal and professional life
- A more resilient and motivated team
- Defined sustainability actions for your business
- A new development story
- A fresh perspective and a broadened mindset

+ course materials, pre-recorded meditations, certificate of completion

Meet your Mentor



Interested?

Let's get in touch!



anastasiia.a.korshunova@gmail.com



+33 7 88 13 59 72

*Anastasia is a sustainable development coach and auditor, conscious traveller, mindfulness practitioner and certified meditation teacher.*