

MIND LIFE BLISS

Shifting Mindset....Creating Excellence

**Learning & Development
Solutions**

for

Corporate | Institute | Industry

Training | Mentoring | Coaching

www.meghaexcellencehub.com



ABOUT US

01



Mind Life Bliss is a platform for
Creating PERSONAL and
ORGANIZATIONAL EVOLUTION.

We provide a roadmap for creating
a high-performing mindset, and
igniting a competitive fire to
unlock the best potential.

02



03



Our training is used by entrepreneurs,
Leaders, managers, executives, and more to
unlock higher levels of performance in their
lives and careers.

We provide the required support in
this process of transformation
which is easy, necessary, possible
& must be generated

04



Our Services

*Leadership
Development
Programs*

*Organizational
Development
Programs*

*Personal
Development
Programs*

*Diversity,
Equity, &
Inclusion*

*PoSH
Workshop &
Compliance*

*Soft Skill
Program*

*Corporate
Wellness
Program*

*Behavioural
Training
Program*



Leadership Development Programs



**Design Thinking
& Innovation**



**Change Management and
Transformational
Leadership**



Ethical and Authentic Leadership



**Neuroscience of Leadership/NLP
for Leaders**

Organizational Development Programs



Team Building & Collaboration



Conflict Management



Train the Trainer



**Building
Credibility at
Workplace**



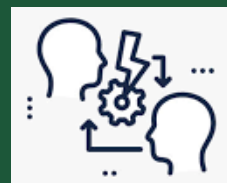
Corporate Wellness Programs



**Emotional
Intelligence:
Building Stronger
Connections**



**Resilience Matters:
Bouncing Back from
Workplace Challenges**



**The Power of Mindfulness:
Cultivating Focus and Calm**



**Stress Less, Achieve More: Stress
Management Techniques**



Social and Behavioral Wellness Programs



**Growth Mindset Mastery:
Overcoming Limiting Beliefs**



**Mental Health Matters: Breaking
the Stigma and Building Support**



**The Neuroscience of
Happiness: Boosting
Morale at Work**



**Work-Life
Integration: Setting
Boundaries for
Harmony**



Personal Development Programs



**Communication strategies for High
Performance**



**Creative Thinking & Problem
Solving**



**Self Leadership &
Mindset Mastery**



**Building
Confidence &
Assertiveness**



Soft Skill Programs



Business Communication



Presentation Skill Mastery



Campus to Corporate



**Time
Management &
Overcome
Procrastination**



Diversity, Equity & Inclusion (DEI)



**Inclusive
Workplace
Culture**



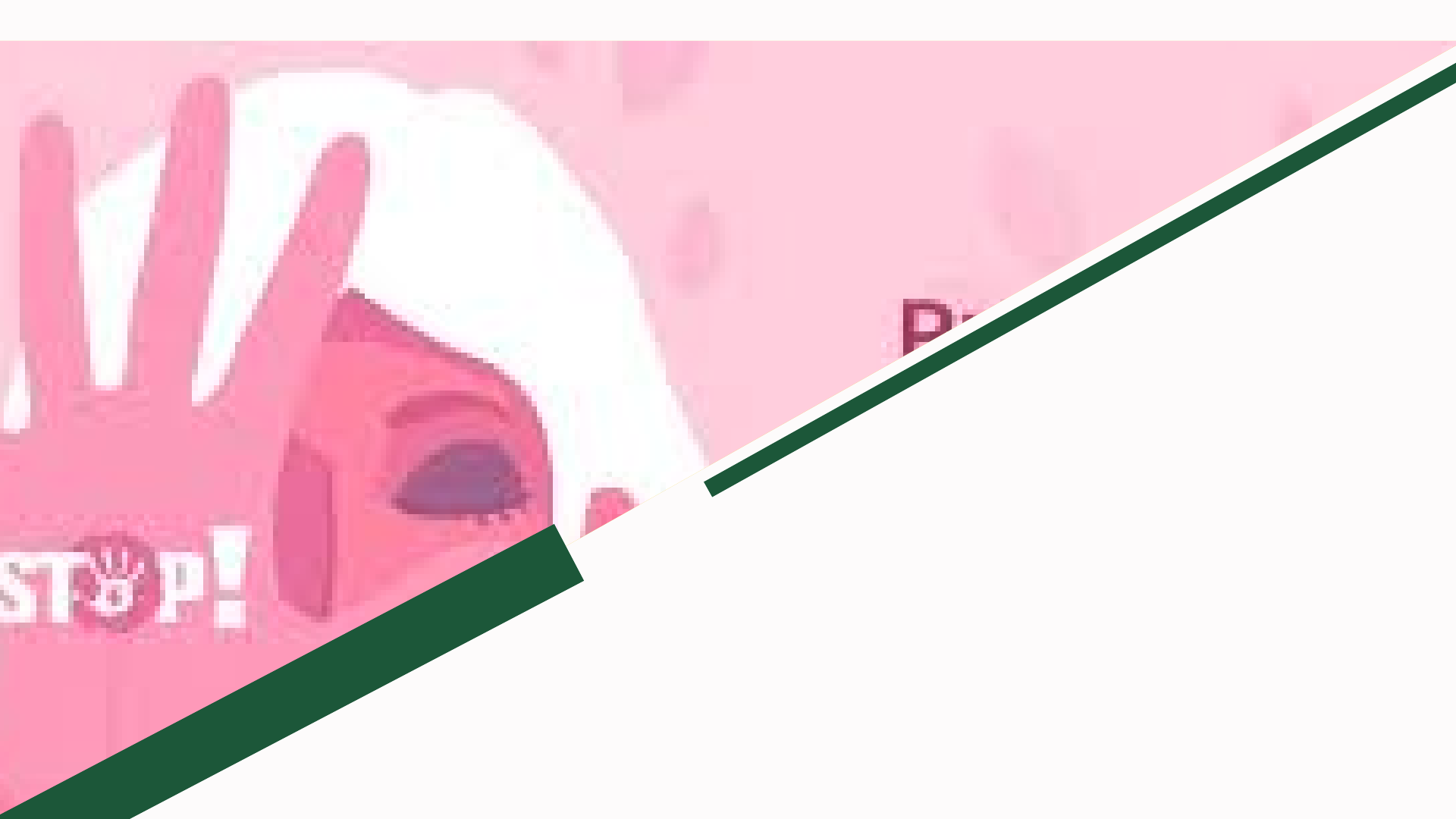
**Gender Equality &
Gender Sensitivity**



Unconscious & Implicit Bias



Intersectionality in the Workplace



PoSH Act (2013)



PoSH Training for IC members



PoSH Awareness Program



PoSH Compliance Training



PoSH TTT Program

Education:

Doctorate in Neuro-Behavioral Science

Certification:

- Certified PoSH Trainer-CHRM
- Certified Diversity & Inclusion Trainer
- Sustainable Leadership Trainer
- Certified Neuro-Linguistic Programming (NLP) Practitioner by The American Board of NLP
- Unleash True Potential - Tony Robbins
- Mindset Mastery - Mind Valley University
- Life Coaching Certification - Nick Hatter
- Certified Soft Skills Trainer by Infosys Campus Connect Program.
- Certified Holistic Wellness Coach



Dr. Megha Bansal

Founder, Mind Life Bliss

Mindset & Performance Coach

Coaching & Mentoring:

- 700+ Professionals Coached and Mentored from different professional backgrounds
- Mentored 1200+ individuals for Mindset Shift and Life Excellence Personal & Professional
- 50+ Leadership Training delivered to senior leaders, managers, and decision makers.
- 50+ Organizational and Personal Development Programs conducted
- 200+ hrs Soft Skills training delivered

Client List



RANBAXY



Client List



Associations



Snapshot



MIND LIFE BLISS

Snapshot



Find Your **Why** for Transformational Programs

Cultural Alignment: Aligning with organization's unique culture and values to ensure that training initiatives are integrated seamlessly within the workplace.

Research-Backed Methodology: Implementing evidence-based training methodologies that draw from the latest research in psychology, neuroscience, and performance optimization.



ROI Focus: A clear focus on delivering ROI for organizations by improving employee engagement, productivity, and overall performance

Accountability and Monitoring: Implementing progress reviews, and feedback mechanisms to maintain accountability and continuously fine-tune coaching strategies.

THANK YOU

We will be happy to discuss further your specific requirements.



Dr. Megha Bansal

- 📞 +91-8010544853
- ✉ mindlifebliss@gmail.com
- 🌐 www.meghaexcellencehub.com
- 📍 Sec 70, Faridabad (HR), India