



Dr. Bharat Chaugule, Ph.D.

**MSc, MSW, MPhil, Six Sigma GB, Dip T&D, ISTD, MS, NLP, PhD.
Consciousness & Mindfulness Life Coach**

Presents



“MINDFULNESS & SPIRITUAL PROGRESS”

By Dr. Bharat Chaugule, Ph.D

***** TRANSCENDING YOUR CONSCIOUSNESS *****

For whom: Happiness & Spiritual Seekers

Outcome: Peace & Happiness, Stress reduction, Increase energy

Uniqueness of training Program:

- Holistic approach for personal & Professional development
- Western psychology integrated with Eastern Spirituality

Mode of delivery: Online (Webex Meeting)

- **Medium of delivery :** English
Language Proficiency of Mentor : English, Hindi, Marathi

OUTLINE OF PROGRAMME

MINDFULNESS & SPIRITUAL PROGRESS

By Dr. Bharat Chaugule, Ph.D

Transcending your consciousness

Session: 1	Introduction and Program outline
1.	What is Mindfulness & consciousness?
2.	Levels of Consciousness
3.	Introduction to mindfulness, Common myth of meditation
Session: 2	Mindfulness & Types
4.	Concept of Mindfulness & Dimensions
5.	Benefits of Mindfulness, Foundation of mindfulness
6.	03 core skills of mindfulness
Session: 3	Mindfulness & Present moment awareness
7.	Breathing space, Square breathing
8.	Bell meditation, Mini mindfulness exercise
Session: 4	Shifting from thinking Mind to sensing mind
9.	Senses exercise
10.	Mindful seeing exercise
11.	Candle meditation
Session 5	Mindfulness & Emotional Control
12.	Emotional awareness, urge surfing
13.	RAIN Technique, progressive relaxation, Mindfulness for Anger
Section 6	Mindfulness & Meditation Practice
14.	Mindfulness walking, Mindfulness eating, Mindfulness driving
15.	Body awareness, Mindfulness listening, Half smile technique
16.	Power of gratitude, Gratitude meditation, surrender meditation,
17.	Thought and Self talk, Negative triggers, music meditation
18.	Being present with others, observing your thoughts
19.	Holding space, Meaningful arrival, mindful self awareness
20.	Mindfulness & consciousness, Four Nobel truth & Eight folded path
21.	Mindfulness and energy management for Spiritual progress
Methodology	Webex oline platform

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TRANSCENDING THE LEVEL OF CONSCIOUSNESS

PROFILE OF THE COURSE DIRECTOR & MENTOR

Dr. Bharat Chaugule

MS, MSc, MSW, MPhil, Six Sigma GB, Dip T&D, ISTD, NLP, PhD.

Dr. Bharat Chaugule is Holistic & Transformational life coach, Master facilitator, International Certified NLP (Neuro Linguistic Programming) Master Practitioner and Trainer. Counseling Psychologist & Psychotherapist, Truth seeker. **He transformed lakhs of student's 70 thousand faculties that includes Principal, Director, Dean, HOD, Faculties & 2000 officers/Managers.** He worked in corporate, industrial and academic environment. In his 23 years of experience he travelled extensive India.

He held the designation as Professor in "Communication & Soft Skills" in the KL University, Andhra Pradesh (One among the best Universities in South India) , Director, Training & Placement in PGP group of Institution Namakkal and King College of Technology, Namakkal respectively. He had received best leadership reward from Bharat ophthalmic Glass Ltd, Durgapur in 2002. He held the responsibility as Chief Security Officer in IISCO, Gua Indian Iron & Steel Corporation, A group of SAIL, Steel Authority of India Ltd, West Sighbhoom, Jharkhand and he was commander over 400 security personnel. Manager Investigation in SIS India Ltd, New Delhi. He believes that road to excellence is always under construction.

Professional Credentials:

- MS. Counseling and Psychotherapy from IBMS (Affiliated to all India hospitals & recognized by international university)
- PG Diploma in Training & Development from Indian Society for Training & Development ISTD
- Six Sigma Green Belt from Government of India
- International Certified NLP Trainer (Neuro Linguistic Programming) . directly trained by International repute trainer Dr. Richard McHugh (USA) & Mr. Charles , UK.
- Certified Mindfulness Life Coach, Certified Spiritual Life Coach, Certified Professional Life Coach, Certified Emotional Intelligence Life Coach

Academic credentials:

- Ph.D. in Social Work from PRIST University
- M. Phil Social work PRIST University
- MSW (Master of Social Work) From Annamalai University
- M.Sc. Defense of Strategic studies from University of Pune

Rewards :

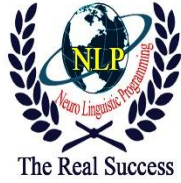
- Best Leadership reward by BOGL
- Bravery reward by ACC Sindri

<http://www.bharatchaugule.com>



Information about course

- **Course is directly conducted by Dr. Bharat Chaugule, Ph.D.**
- **Mode : Online Medium : English**
- **This course is designed for spiritual seeker**
- **Course is planned to start from 9th Aug 2021 (Monday) to 27th Aug 2021**
- **Session duration 50 Min**
- **(5: 59 AM to 6:49 AM)**
- **Monday to Friday**
- **Seats are limited.**
- **Course Fee: For more details contact the below mobile number**
- **Certificate of participation will be provided to individuals who attend the complete course.**
- **Format of application is available on next page.**
- **Write down purpose on separate page at least 500 words why you want to join this course?**
- **To apply send email at : therealsuccess@gmail.com**
- **For more details whatSapp +91-6379138838**



Application Format

SL NO		Details
1	Name	
2	Qualification	
3	Date of Birth	
4	Profession	
5	Address of communication with pin code	
6	Mobile Number	
7	Email :	
8	Name of the course	Mindfulness & Spiritual Progress
9	Month	Aug 2021
10	Level	Level -1
11	Purpose	500 words regarding purpose of attending course is attached with email <input type="checkbox"/> Yes <input type="checkbox"/> No

Signature