

# Well-being Centered Leadership™

Practical Tools to Overcome Stress  
and Become more Effective at Work and at Home

## A 90 min. interactive session with Nalaka H

Human beings can be considered as highly sophisticated machines all of whose functions and activities can be described and explained in purely mechanistic terms. Sensations, for example involves a series of mechanical processes operating within the human nervous system. Therefore, as engineers, the time has come to explore and activate our latent energy systems reside within our mind-bodies in order to achieve optimum efficiency and effectiveness.

### Program content include:

- Relaxation and rejuvenation techniques.
- Tools for work-life balance.
- Mind-body integration methods for better decision making.
- Therapeutic postures for office related ailments.
- Leadership strategies to create a healthy and effective workforce.
- Practical instructions to develop a sound harmonious mind.



Presented by:



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**Nalaka Hewamadduma** is the COO of Canadian Institute of Performance Development. Being a Mechanical Engineer, he has spent more than 10 years as a senior engineering executive with advance manufacturing companies before following his lifetime passion to become a Trainer, Consultant and Writer in Peak Performance, Mind-body Wellness and Personal Effectiveness. He has conducted many workshops attended by executives of leading companies including Unilever, Coca cola, IBM, Microsoft, Motorola and Novartis. Nalaka is the author of the acclaimed book 'Art of Well-being', published by Balboa Press— a division of Hay House.