

- Dual Certification Programs -

NURTURING PROFESSIONAL



THROUGH **MINDFULNESS & COACHING**





Discover the Keys to...

Professional Success: Elevate your career by integrating mindfulness into leadership, decision-making, and team dynamics. This certification empowers **coaches**, **consultants**, and **aspiring leaders** alike.

Exclusive ICF CCE Coach Training: Take your first step into your coaching and leadership journey with Matrix's comprehensive curriculum through experiential learning.

Who Can Benefit?

This program is tailored for those seeking a **meaningful career pivot** or enhancement. We have designed this certification program for:

- ✓ Yoga Teachers
- ✓ Students
- ✓ SMEs
- ✓ Leaders - Senior and Mid Level Executives
- ✓ Consultants
- ✓ Aspiring coaches
- ✓ Individuals seeking personal growth
- ✓ ICF ACC/PCC/MCC Renewals



"Your Path to Mastery – Five Levels of Mindfulness"

As a **Mindfulness Practitioner®** and an **ICF Life Coach** with dual certification, you wield the keys to professional transformation for yourself and others.

Program Overview

Our **Mindfulness Practitioner® Dual Certification Program** is a holistic approach to mindfulness designed to empower you with the knowledge, skills, and certifications needed to become a mindfulness expert and ICF-certified coach.

The program includes **synchronous** (live classes, webinars) and **asynchronous** (recorded videos, e-books, blogs) learning.

There are Five Pillars

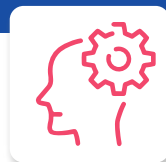
of The Mindfulness Practitioner® Certification Program:



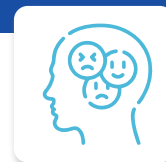
#Egotive



#Spiritive



#Cognitive



#Emotive



#Active



Level 1

Mindfulness Practitioner[®] Trainer and ICF Life Coach Certification -
Introduction to Mindfulness as a Practitioner



Program - 30 hrs
ICF CCEU - 15 hrs

Synchronous - 15 hrs
Asynchronous - 15 hrs

- Mindfulness Living Assessment and Mindfulness foundational concepts
- Exploration of Mindfulness schools and philosophies
- Cultivation of essential qualities and IIUEF (Inner Universe Education Foundation) and ICF competencies
- Buddha's teachings on Mindfulness - Focus on 7 branch practice, dependent origination, errors in perception, 4 noble truths, Buddha's 8-fold path, etc

Level 2

Mindfulness Practitioner[®] Trainer and ICF Life Coach Certification -
Egotive



Program - 30 hrs
ICF CCEU - 15 hrs

Synchronous - 15 hrs
Asynchronous - 15 hrs

- Dive into self-exploration with six Ego Traps
- Understanding Ego States and its impact
- Integration of renowned psychologists' theories - Role theory by George Herbert Mead and Carl Jung's theory
- Exploration of emotions and psychological games

Level 3

Mindfulness Practitioner[®] Trainer and ICF Life Coach Certification -
Spiritive



Program - 25 hrs
ICF CCEU - 12 hrs

Synchronous - 12 hrs
Asynchronous - 13 hrs

- Open doors within the mind through spiritual practices like Ashtanga Yoga, Chakra Dhyana, Meditation, and Vedanta
- Logotherapy, DILT model
- Art of Apology, Happiness Vs Peace, and Purposeful Conversation

Level 4

Mindfulness Practitioner[®] Trainer and ICF Life Coach Certification -
Cognitive



Program - 24 hrs
ICF CCEU - 10 hrs

Synchronous - 12 hrs
Asynchronous - 12 hrs

- Culture Parent - Influence and Impact on Individual's Beliefs and Values
- Understanding the psychology of the brain and its functioning.
- Personality Theories - Kolb's Learning Cycle, Personal Centered Therapy - Carl Rogers, Operant Conditioning - BF Skinner
- Introduction to REBT technique, Polarity Management, Giving and Receiving Constructive Criticism, and Power of Affirmation

Level 5

Mindfulness Practitioner[®] Trainer and ICF Life Coach Certification -
Emotive and Active



Program - 30 hrs
ICF CCEU - 15 hrs

Synchronous - 15 hrs
Asynchronous - 15 hrs

- Understanding Emotions, Emotional Needs, and Emotional Triggers
- Explore Empty Chair techniques of Gestalt
- Introduction to the exclusive TEA model by Dr. Paras
- Dr. Paras introduces the OLLURRA technique as a powerful method for enhancing mindfulness practice

ICF Accreditation

Our program holds the prestigious **International Coaching Federation (ICF)** accreditation, a globally recognized symbol of excellence in coaching and mentoring. This means you're not just gaining a trademarked and copyrighted title of Mindfulness Practitioner® certification but embarking on a journey toward becoming an ICF-certified professional.



Unlock CCE Hours

As you progress through the Mindfulness Practitioner® Program, you'll accrue valuable **Continuing Coach Education (CCE)** hours. These hours serve as a stepping stone toward your future ICF certification or ICF Credential renewals for **ACC/PCC/MCC**.

With each level you complete, you accumulate CCE hours, paving the way for your successful journey to becoming an ICF-certified coach.

Accredited Master Teacher Training Program*

"Your Journey with the Mindfulness Practitioner® Certification Programs"

Embark on the next phase of your transformative journey with our exclusive **Accredited Master Teacher Training Program**. Designed for individuals who aspire to share their expertise, mentor others, and make a lasting impact in mindfulness and coaching, this program is a gateway to becoming a **certified instructor**.



Program - 50 hrs
ICF CCEU - 24 hrs

Synchronous - 30 hrs
Asynchronous - 20 hrs

- ✓ Business development strategies to onboard more learners
- ✓ Forging an alliance and collaborating with Matrix

- ✓ Mastering the significance of ethical and professional standards
- ✓ Practical application while training others

- ✓ Mentorship and supervision
- ✓ Specialized curriculum development

- ✓ Advanced teaching techniques

KEY HIGHLIGHTS

*For more details about the exclusive program, kindly **contact our team** directly.

What's in Store?

Our comprehensive Mindfulness Practitioner®© Program offers a multi-faceted approach to becoming a true mindfulness expert. Your journey includes:



Mindfulness Practitioner®© Dual Certification Courses :

An integrated dual-certification program that equips you with the knowledge and skills to guide others toward mindfulness mastery.



Mindfulness Consultation :

Experience personalized mindfulness consultations tailored to your needs, complementing our comprehensive training programs.



Mindfulness Practitioner®© App :

Kickstart your learning journey with a comprehensive digital platform.



Psychometric Assessments :

Level up your personal growth with **Mindfulness Living Assessment (MLA)**.



Mindfulness Scripts for Meditation :

Access a treasure trove of meditation scripts to lead powerful mindfulness sessions.



Mindfulness Retreats :

For **corporate programs** on mindfulness retreats, kindly contact our team for details and prerequisites.



Mindfulness eBook:

A comprehensive guide to mindfulness practices, perfect for self-study or sharing with others.



Community building :

Join a community of like-minded individuals committed to making the world a calmer, more compassionate place. Learn more with our **ongoing webinars**, hosted monthly or quarterly.



Lifetime access to the LMS Platform :

Unlock endless learning opportunities anywhere, anytime.



Learners can participate in a 6-hour mindfulness Practicum at each level, providing them with comprehensive demonstrations of key concepts and frameworks. Additionally, participants will be eligible to receive Continuing Education Units (CEUs) upon completion of the Practicum. Please reach out to our team for more details

- CONCEPT NOTE BY DR. PARAS -

"Mindfulness is a psychological and spiritual process of evolving and growing awareness of the body, mind and spirit."

- Dr. Paras

"Mindfulness is the art of being fully present and aware in every moment of life."

- Thich Nhat Hanh

In today's fast-paced world, the Mindfulness Practitioner® Program, envisioned by Dr. Paras, emerges as the go-to choice for those navigating career changes and seeking professional growth. Tailored for people who want to transform their careers, this program blends mindfulness with career advancement.

More than just a course; it's a commitment to empowering individuals in their career pursuits. Recognizing the need for both personal fulfillment and professional success, this program offers a unique approach.

Unlock the power of mindfulness as a catalyst for career progress. Dual certification is your gateway to a successful career shift, both as a Mindfulness Practitioner® and as an ICF-certified coach. The program's versatility and inclusivity makes it accessible to all, irrespective of background or aspirations.

Join us on this mindful journey — take the leap toward a rewarding career and a balanced, purposeful life.

Warm regards,

Dr. Paras
INSPIRE • EMPOWER • TRANSFORM

MEET DR. PARAS

- Dr. Paras, the visionary behind the Mindfulness Practitioner® program, is more than just an expert; he's a true luminary in mindfulness and coaching.
- He is also a **Master Certified Coach (MCC)** from ICF and trains on various ICF certifications. With numerous accolades to his credit, including the prestigious
- **Young Leader Award by the International Coach Federation, U.S.A. (2018),**
- Dr. Paras has consistently pushed boundaries in the pursuit of mindfulness excellence.

Global Participants

TESTIMONY



India



USA



UK



Singapore



New Zealand



DIPTA GHOSH

Product Line Manager- Packaging & Consumer Adhesives (IMEA), HENKEL

"Level -4 program gained a deeper understanding of my inner landscape, enabling me to manage stress and difficult emotions more effectively while also developing the foundational skills necessary to create a safe and supportive space for future coaching clients. Thankful to Dr. Paras for the holistic learning experience."



COL DEOVRAT PAGAY

Corporate Trainer and PCC Coach

"Level-1 increased my awareness and mindfulness, I experienced feelings of joy, peace, and hope. The experience changed my life! Dr. Paras is an outstanding instructor and guide."



WREN MITCHELL

Corporate Leadership Consultant and Coach

"Level-1 gained a deeper awareness and understanding of my inner dialogue, enabling me to move from a state of unrest to one of peace while also developing skills to create a safe and supportive space for future coaching clients. Grateful to Dr. Paras for the life-changing learning experience!"



PUNIT GAMBHIR

Vice President Marketing and Merchandising

"Completing Level 1 equipped me with the foundational skills to approach life's challenges with greater clarity and set the stage for my development as a mindfulness-integrated coach. I gained a solid understanding of core mindfulness principles like present-moment awareness while simultaneously being introduced to the fundamental concepts of ICF coaching."



BURCU YAGIZ

Mindfulness Coach

"Level-4 was a wonderful journey into the cognitive layers of the human mind helping me to gain a deeper understanding of the phenomenon of perception while enabling me to become aware of the rational and irrational beliefs, thoughts and emotions that immensely affect how I perceive myself and others. I'm truly grateful to Dr. Paras for his mentorship, and for this amazing learning journey."

