

# THE SPRING

SELF MANAGEMENT PROGRAM

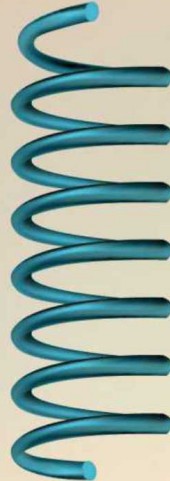
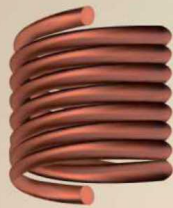


**WISDOM INNER MANAGEMENT**

# THE SPRING

The art of realizing full potential

Multifold challenges can compact your true potential. Stress, agitations, fear, insecurity, fatigue caused by mismanaging people, meeting deadlines and routine weariness can incapacitate you from doing your best. This is not your original SELF. A state akin to a compressed Spring.



Your original SELF is the condition you were in before the effects of multifold challenges overpowered and compressed your full potential. It reflects the true state of your Self where you can manage yourself (subject) and the world (object) without stress and anxiety. With this module you CAN spring back to your original Self, akin to a released spring.

SPRING TO YOUR ORIGINAL SELF

## The SPRING – Self Management Program

### What is it all about

The challenges faced in the modern times are multifold. One is torn between the demands of work, family and the society at large. An inability to handle these pressures tells upon the physical and mental well being of the individual. Hence it is imperative to be educated on the art of right contact with **oneself** and the **world**. How can one lead a stress-free life? How does one manage time? What is the technique of harmonizing all roles? Is it possible to combine peace & productivity?

Management is defined as the relationship between the manager and managed. **Progressive management calls for advancement of not only the managed but also the manager.** The manager has to be like the released spring to tap his full potential. But in today's world the manager feels unduly pressurised by various personal

and professional challenges like a compressed spring. Many are totally ignorant of this fundamental truth.

### Why is SPRING different from others?

Unlike other management programs SPRING's approach aims at an overall transformation of one's personality. Thereby one develops dynamism, cheer and clarity. The individual is well fortified to meet the challenges of the ever-changing world. You learn to find peace in action. And develop a spirit of vacation in vocation. Thus living up to the law of life "**The mind much be at rest while your body is plunged into action**". It is all about springing back to your original Self of competence minus all the encumbrances that presses you down.



## The SPRING Module

Below is a brief outline of the course structure. Two way interactions and engagement involving the audience is an integral part of this self-management program.



### Situation / Symptoms

#### MANAGEMENT VS. SELF MANAGEMENT

- Peer Pressure, Unnatural state
- Ignorance is Bliss
- Anatomy of Stress
- Happiness – eludes you
- Inability to deal with the world

#### STIMULUS VS DRIVE

- Lack of motivation
- Work is monotony
- Dilemma of choice
- Lack of development of intellect



### Problem / Prognosis

#### PARADOX

- Quality of Life vs. Living
- Nature of life – Path of pleasant vs. good
- Objective & Subjective scientists
- Accent on Life
- Human constitution
- Develop both components



### Rationale

#### MIND & ITS CATASTROPHIC EFFECT

- Quality of Mind – 3 states
- Mind wreaks havoc
- Emotion vs. Emotionalism
- Inner Nature – Vasanas
- Chronology of Action
- Principles of Life



### Impact

#### DIAGNOSIS & TREATMENT GUIDELINES TO CHARACTER

- Essential Values of life
- Conviction vs. Conscience
- Managing Ego
- Work Ethics
- Ingredients of Success
- Perfect Action
- Assessment of the world
- 4 Types of Human Nature (Aggressive & Passive)
- Common Misapprehensions



### Nurture

#### COMPLETE PERSONALITY DEVELOPMENT

- Objectivity in Action
- Sane vs. Insane
- Ideal vs. Desires
- Desires ruin your freedom
- Discipline your desires - modifications
- Foremost Objectives of life



### Growth

#### CHARACTER & CONDUCT

- Fundamentals of an Ideal Leader
- Traits & Objectives
- Key Qualities

#### ULTIMATE MANAGEMENT

- Identify with Self
- Happiness – No Pressure, Natural state.
- One Disease, One Medicine

#### Course Module :

The whole course is designed in Modules and will be tailor made to the requirement of your organisation. Duration and cost will be determined by the scope of need of your organisation. **SPRING TO YOUR ORIGINAL SELF.** You will be surprised how much potential is being curtailed by a tense spring-like personality. A call could clarify much more and help release the compressed spring to higher efficiency, productivity and peace.

# VINAYJI

## Management Guru

Vinayji is an established thinker, philosopher and management Guru. His quest and fervor for self-management started at an early age of 16. His teachings are backed by over twenty-five years of full time study & research to practical application to life.

His inspiring oration transforms subtle philosophic themes to suit practical business life. His appeal lies in his presentation of these Truths with absolute precision, effortless ease and consummate wit.

His tireless works in India & abroad has captivated and inspired people to commit themselves to a higher ideal and transform their lives to be more productive and peaceful.

Vinayji addresses corporates on applied philosophy through seminars, workshops and In-House programs.

His multi-tasking abilities combined with his dedication & commitment has comprehensively laid the Wisdom Foundation. Being an athlete, he regularly participates in marathons besides a daily schedule of Yoga and badminton.



### **Vinayji has made an impact with the following organisations in recent past:**

- CIMB GROUP MALAYSIA
- TM INTERNATIONAL LOGISTICS LTD.  
(TATA STEEL)
- JUBM SDN BHD
- MANCHESTER BUSINESS SCHOOL
- UNIVERSITY TUANKU ABDUL REHMAN
- SUNWAY GROUP MALAYSIA
- UNIVERSITI MALAYA
- NAGARJUNA GROUP
- MHOW (Military Head Quarters on War) India
- FENNER INDIA LTD
- HINDUSTAN AERONAUTICS LIMITED
- CITI CORP OVERSEAS LIMITED
- SQL STAR INTERNATIONAL LIMITED
- INDIAN PHARMACEUTICAL CONGRESS
- INSTITUTE OF COMPANY SECRETARIES OF INDIA
- WATER & LAND MANAGEMENT TRAINING &  
RESEARCH INSTITUTE
- ICFAI, INDIA
- ROATARY CONFERENCES

### **For more information please contact us at**

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