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# PANDIT DASA

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Mindful Leadership Expert | Motivational Speaker | Author

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## Mindful Leadership - Walking the Talk

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This presentation will address the importance of creating an environment where ego battles aren't driving the company down and where individuals are willing to put aside their own self-interest. Key audience takeaways:

- **Lead by Example**
  - **Appreciation / Recognition**
  - **Mindful Communication**
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## Creating a Mindful Workplace Culture

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A positive workplace culture enhances teamwork, collaboration and morale. As a result it boosts employee engagement, efficiency and retention. Key takeaways:

- **Develop a positive mindset**
- **Celebration other's success**
- **Learning to manage emotions**



## About

Pandit Dasa is a **Mindful Leadership Expert, motivational keynote speaker and author**. Pandit inspires organizations to create a **mindful workplace culture** by encouraging his audiences to lead by example, appreciate the contributions of their colleagues, communicate mindfully and manage one's emotions. He helps organizations develop **workplace happiness, employee engagement and retention**.

Audiences are engaged in a variety of breathing and focusing exercises that **lower stress and anxiety, increase focus, productivity** and **boost emotional intelligence**.

In his book, **Urban Monk**, Pandit writes about how and why he spent 15 years living as a monk in New York City.

## Stress Management and Work-Life Integration

Workplace stress is costing over \$300 billions. This presentation will discuss the following key methods of reducing stress:

- **Importance of Positive relationships**
- **The myth of multitasking**
- **Unplugged sleep**
- **Health eating and regular exercise**

## Developing Resilience During Change

Change breaks us out of our comfort zone and disrupts our routine making feel uncomfortable. This talk will provide practical tips by which one can shift our mindset to see the change as a positive force in our life. Key takeaways:

- **Embracing change**
- **Staying focused**
- **Maintaining a positive mindset**

## CLIENTS

Google, IBM, Intel, Citibank, JPMorgan Chase, State Farm, Novartis, Kellogg's, Nationwide, PwC, The World Government Summit, SAP, SHRM, Oracle, Bank of America, Bank of Montreal, TD Ameritrade, AMC Theatres, AMC Networks, UNICEF, NOAA, WorkHuman, Harvard, Columbia University and many others.



## VIDEO LINKS

- [Speaker Demo Reel \(4 min\)](#)
- [Mindful Leadership Speech \(7 min\)](#)
- [Work-Life Integration at SAP \(3 min\)](#)
- [Urban Monk Book](#)

*Pandit was very personable and charismatic. - **Google***

*He taught our team how to develop positive relationship...We loved having him here. - **IBM***

*Pandit was an engaging and interesting speaker with an extremely relevant topic for today's workplace. - **Comcast***

*He was amazing!! - **Novartis***

*His message on leading by example...appreciating your coworkers...really resonated with our leadership. - **Royal Bank of Canada***