



COACHARYA

# *Coaching for Spiritual Leadership*

**STARTS MONDAY, MARCH 25, 2024**

**4-WEEK PROGRAM | 90 MIN SESSIONS | 6:00 PM IST | 7:30 AM EST**

**PAY AS YOU LIKE**



# ABOUT THE PROGRAM



Do you feel like you are just going through the motions and lack purpose in your career?

This program explores how you can apply spirituality in management and leadership. It will help you reconnect with your authentic self.

Together we shall explore what spirituality means, how it is relevant to your work and life, how it relates to traditional styles of leadership, and in what ways a spiritual leadership approach can benefit you.

Everyone is welcome, whether you are a coach, a spiritual seeker or interested in becoming a better leader. It is formatted around coaching competencies and those with credentials can seek renewal hour credits by fulfilling assignments.

# ABOUT THE TRAINER



**RAM RAMANATHAN,  
MCC, ACTC**

Ram S. Ramanathan is an experienced practitioner of Yoga and Meditation and has passed down these techniques to several thousands of coaches and non-coaches over three decades, supported by his Yoga master.

He is a seasoned Founder and Mentor Coach with a remarkable 45-year track record. He has held C-suite positions, turned around companies, advised governments, and mentored start-ups. With expertise in leadership development and Eastern philosophy, he blends spiritual practices with psychological interventions to empower personal growth in work and life.

# WHO WILL BENEFIT FROM THIS PROGRAM

- Individuals Seeking Meaning and Connection
- Coaches, Aspiring Coaches & Non Coaches
- Leaders and Professionals
- Seekers of Inner Wisdom
- Community Builders
- Those Open to Self-Exploration



# WHAT YOU CAN EXPECT FROM THIS PROGRAM



- Exploration of what spirituality is and how it can be used to lead our daily work and life events
- Inquiry into how you can be your better self, fulfilled and happy
- Fundamentals of the coaching approach from self to systemic
- Alignment of Quantum Science and Spirituality
- Meditation practices for holistic wellness

# PROGRAM DETAILS

**Start Date:**

Monday, March 25, 2024

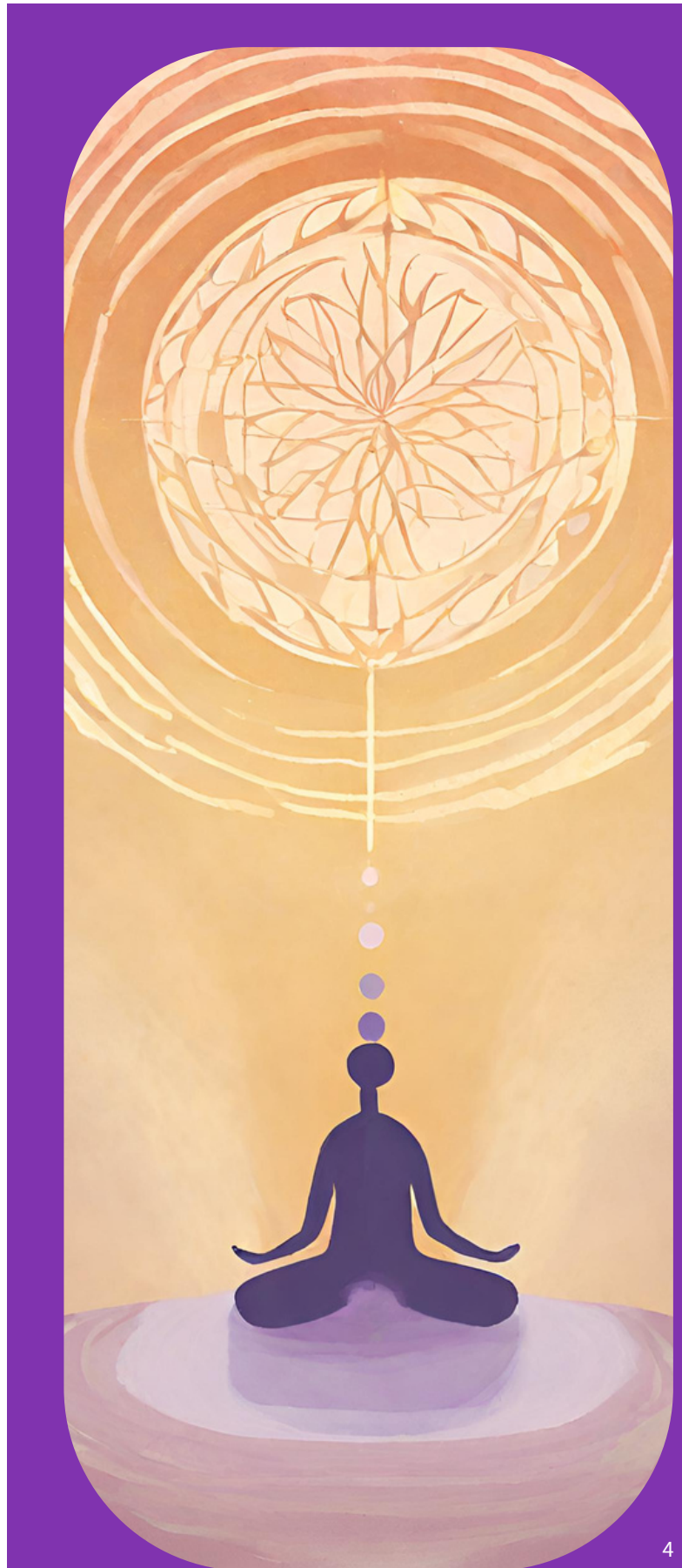
**Series:** Four consecutive Mondays from March 25 to April 15

**Duration per session:**

90 minutes per session

**Time:**

6:00 pm IST | 7:30 am EST



# SESSION 1: INTENT

*What does the Universe wish me to be?*

## Session Highlights

Posture and breath meditation practice

---

What is spirituality in leading our daily work life? Exploring polarities

---

Systemic approach: Who impacts you and who you impact; SPEED approach

---

Coaching Approach: DEMO, LASIE, SET, 5A

---

What does the Universe wish me to be as my better self? Why?

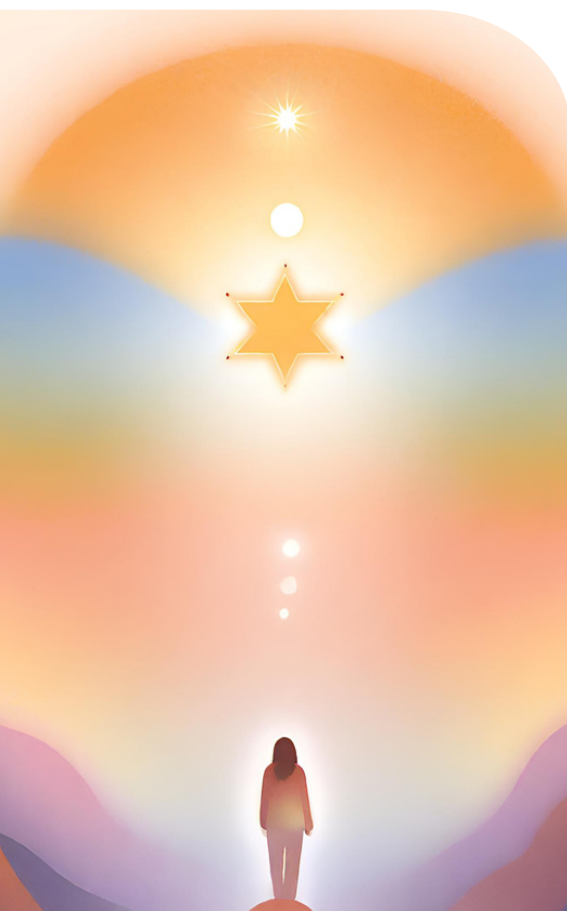
---

Self-coach and journaling exercises

---

Dana Johar Video: <https://www.youtube.com/watch?v=pNNitIXEKsl>

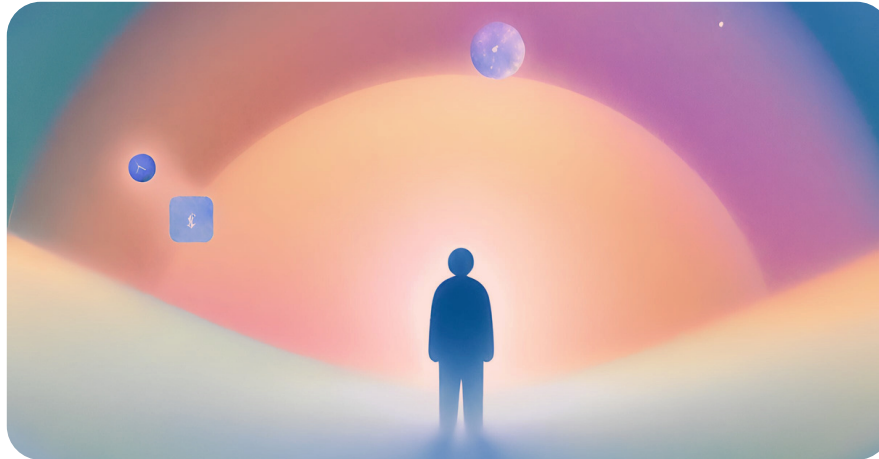
---



Session 1 sets the stage for a spiritual intelligence transformation by creating a meaningful intent for the Hero's Journey.

# SESSION 2: EXPLORATION

*What do I need to be?*



This session navigates the path to self-realization, guiding participants toward a holistic understanding of their authentic selves.

## Session Highlights

Body awareness meditation practice

---

Joyful moments denoting passion and performance metrics as strengths

---

My metaphor: reflect, visualise, draw, write

---

Ramana Self Inquiry: <https://www.sriramanamaharshi.org/teachings/instructions/>

---

Dilt Logical Levels: <https://houseoftruth.education/en/teaching/exercises-and-tests/neuro-logical-levels-exercise>

---

What do you need to divest and invest anew?

---

Break out sessions and discussion

---

Self-coach and journal exercise on what you need to be to become your better self

---

Assignment on your planned Hero's Journey

# SESSION 3: AWARENESS

## *What am I Intuiting?*

### Session Highlights

Energy meditation practice

Based on my journey plan: Wheel of Life in 3 Years

Based on what I wish to be: Wheel of Life after 25 years

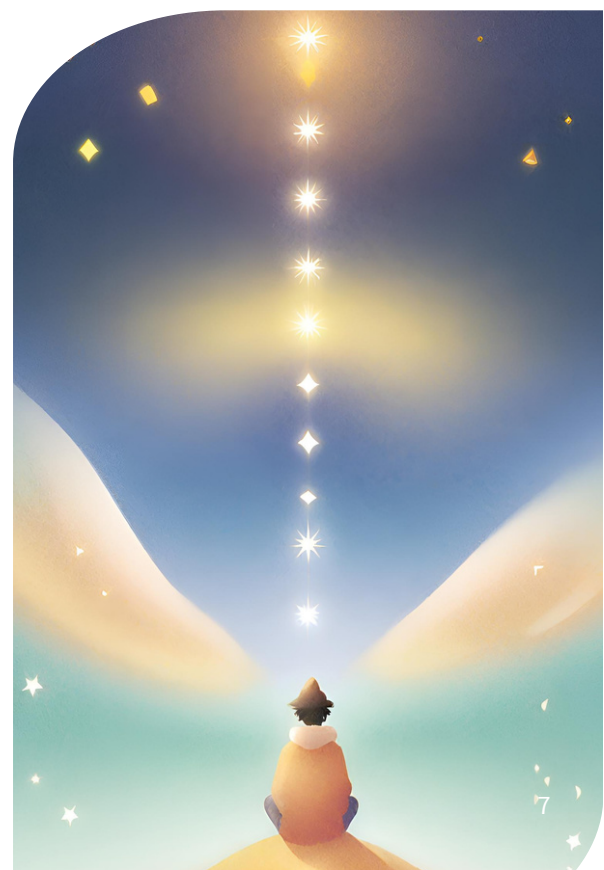
Walk back: Become aware of the gap

4 stages of life: Dharma and Karma of each state and their purpose Purushartha

4 states of awareness: Mandukya Upanishad

Self-coach and journaling exercises, submit assignment on creating your future

This session will help you integrate your learning and understanding on what you can be in 3 years and wish to be in 25 years.





# SESSION 4: GROWTH

*How do I become?  
What does the Universe wish me to be?*

## Session Highlights

Meditation practice on manifested visualisation

---

Upanishad: Isa Who am I; Katha Death; Mandukya Awareness Recap

---

Alignment with Quantum Science: energy potential, impermanence, connectivity

---

Sharing personal experiences

---

Assignment on 'Moving Forward'

---

Session 4 charts the path to personal evolution and heightened spiritual intelligence.



# ABOUT COACHARYA

We're dedicated professionals committed to unlocking potential across individuals, organizations, and communities. With diverse business and coaching expertise, coupled with our international and cultural backgrounds, Coacharya distinguishes itself in the field.

Coacharya stands out as your ideal training partner, offering a unique blend of Western philosophy and Eastern spirituality. With flexible online program delivery, tailored programs for diverse cohorts, and expertise in systemic coaching and organizational development interventions, we cater to coaches worldwide.

# ECOSYSTEM SUPPORT AT COACHARYA

- CoachNook- Global community for anyone interested in coaching, from your friends at Coacharya
- Life Long Access to resources and learning material from the course
- Opportunity for continuous learning and development through webinars and blogs

**COACHARYA IS AN ICF-ACCREDITED COACH TRAINING ORGANIZATION FOR LEVELS 1, 2, 3 AND AATC.**



## RESERVE YOUR SEAT

 [Program Link](#)

For questions or more information, contact us at:

 [support@coacharya.com](mailto:support@coacharya.com)