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PRESS RELEASE



Enlightened Leader Training

La Jolla, California
Hotel La Jolla

October 25 - 26, 2014

Dr. Mehrad Nazari, Michele Hébert
special guest speaker: Bo Eason

Enlightened Leadership Through Personal Transformation

According to a 2013 Gallup pole, less than one third of employed Americans feel engaged at work. In response to this news, negotiation expert Mehrad Nazari, Ph.D., and personal leadership guide Michele Hébert—a husband and wife team, nationally respected as yoga and meditation teachers for four decades—have expanded their offerings to reach a broader audience.

On Saturday, October 25th, 8:30 a.m. - 6:00 p.m., and Sunday, October 26th, 9:00 a.m. - 5:00 p.m., Nazari and Hébert offer the inaugural presentation of their Enlightened Leader Training program at Hotel La Jolla in La Jolla, Calif. Bo Eason, the celebrated former NFL player, now a renowned playwright/actor/motivational coach, will be a special guest presenter.

The Enlightened Leader Training is the timely culmination of Hébert's and Nazari's professional expertise and personal practice, and represents an integral component of their initiative to create a community of enlightened leaders who are able to lead from the inside out.

"This is leadership through personal transformation that transcends the bounds of traditional leadership roles and is accessible to and beneficial for everyone, regardless of professional status," explains Hébert, who goes on to cite these statistics from a recent Harvard Business Review study: when leaders explicitly encourage employees to work in more sustainable ways—and especially when they themselves model a sustainable way of working—their employees are 55 percent more engaged, 53 percent more focused, and more likely to stay at the company.

Nazari reminds us, "The energy of leaders is, for better or worse, contagious." "If we are to successfully lead others with authenticity, we must first acquire the tools to lead ourselves."

In this experiential weekend, participants will acquire and hone those tools for enlightened leadership, learning how to manage their thoughts; master their emotions; practice mindfulness from moment to moment; keep their energy up throughout the day; negotiate from a place of connection in order to co-create and prosper; and create meaningful connections instantly through powerful personal storytelling.

All this begins with being able to disconnect from the frenetic world—a world in which too many of us live over-scheduled, over-busy, overworked, under-rested lives characterized by stress, distress, and disconnection—and look inward, non-judgmentally, to reconnect with ourselves.

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"With technology, everything is outer-directed. There's a strong need to reconnect with our inner selves," says Nazari.

"This training is an opportunity to give yourself the time to really reflect and look forward and ask yourself important questions. What are your life goals? Are you moving towards these goals or further from them? How can you move towards your goals more purposefully? What is your life purpose?" says Hébert, who will be leading short meditations and breathing practices throughout the weekend to help participants calm the mind or pick up their energy, depending on their needs-practices which anyone can immediately implement in their daily lives with demonstrable results. She expounds, "The brain research over the last five years overwhelmingly shows that there are positive changes in the brain and the immune system that occur after meditation."

Commenting further on the timeliness of their program's debut, Hébert enthusiastically references Arianna Huffington's best-selling book *Thrive*, which promotes a holistic approach to leadership encouraging mindfulness and meditation, the importance of sleep, nurturing the health of the body, periods of digital detox, and wellness in the workplace. "We were so happy to see the success of *Thrive* because these values and practices are what we have been teaching for many years. When we thrive within ourselves our ability to connect, and serve others increases dramatically."

The weekend costs \$997 and includes lunches; registrants are encouraged to bring a guest who supports their journey at no additional cost. To register:

<http://www.rajayogis.net/retreats/evolve-your-personal-leadership>

Individual Coaching in

Personal Leadership/Meditation with Michele Hébert
InnerForceLeadership.com

or

Enlightened Negotiation with Dr. Mehrad Nazari
EnlightenedNegotiation.com

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