

Self Empowerment for Educators

Introduction

Our client, Anil Saxena, was an innovative, idealistic leader. He held high standards for himself, his employees, and the company, but he was losing people's respect because of the angry tirades he unleashed whenever he was disappointed with the quality of someone's work. He came to us only for help in managing his anger. It would have been easy enough to coach him on how to use anger-management techniques. But our questions ran deeper: Why did he feel so much anger? How could we coach him to break out of the worldview that kept reinforcing his perfectionism? When we led him to this deeper level, he learned how to interrupt the inner patterns of processing information that made him angry. He became less harshly judgmental and his underlying anger began to dissipate.

Most clients will acknowledge how important it is to act in accord with their internal needs and values. But they are often out of touch with their deepest motivations. Instead, most behave according to who they think they are, playing familiar roles and piling up trophies from their worldly successes. Often, the very characteristics that propelled them to reach personally important goals now get in their way. People like Anil who are idealistic and quality-minded standard-setters, for example, may find that their perfectionism and inability to delegate effectively prevent them from achieving their real goals.

Once our clients see the possibilities in what we call second-order or transformational change, they will gain far more than they would by simply changing their immediate problem behavior. Our clients could superficially succeed by limiting our work to standard behavioral change, without being aware that both of us may have unwittingly reinforced their more deeply rooted, unconscious patterns.

The Enneagram is a brilliant diagnostic tool to identify nine different ways of viewing the world, each of which has a common set of patterns. When you know these patterns and how to interrupt them, you will consistently see long-term, profound changes.

The Enneagram describes nine distinct ego states that are so powerful they are often called personality styles. The Enneagram portrays the strengths and limitations of our inner habits of attention and response. It is a carefully observed account of the inner world from which people act. If someone does something we wouldn't do, we often ask, "What in the world do you think you're doing?" Their actions surprise us because their behavior would not flow from our inner world.

We focus attention, expend energy, and create strategies to deal with our narrow view of the world. Consequently, we develop ways of thinking, feeling, interpreting, and ultimately acting that make sense in our worldview and continually reinforce and sustain it. You may have found other people's behavior strange; but in fact, their behavior is only strange because they're dealing with their world.

One clue in determining people's Enneagram style is evidence of a consistent pattern. Even when we think people are irrational, we can't help notice they are irrational in systematic ways. What may not make sense in your world always makes sense in theirs. A friendly word of caution: your world is not the real world either!

Objectives

- A deeper level of self awareness (Understanding oneself) and Social awareness (understanding of others)
- Understand deep underlying patterns at the level of self concept that cause behavior: Inner Motivations, Needs, Blind spots, Unconscious Strategies, Defense Mechanisms etc
- Understand the unique gifts, strengths of personality
- Understand unique constraining world view and core beliefs
- Understand others at a deeper level and learn what causes their behavior
- Understand the traps the self and others are in
- Understand root causes of a person's anger, dissatisfaction, looking good, lack of assertiveness, domineering, analysis paralysis, lack of initiative, perfectionism, complaining and blaming
- Learn to accept responsibility for one's own behavior and learn to appreciate differences in behaviors and perceptions are merely due to operation of another personality structure
- Experience freedom from a narrow world view by interrupting the automatic patterns

Reported Outcomes

- Better understanding of oneself and the underlying patterns that caused ones own behavior
- Understand others at a deeper level and developed compassion and tolerance for their behavior
- Increased Self esteem and happiness
- Understand how your worldview shapes behavior
- Experienced freedom from the confinement of personality
- Reduction in stress and increased well being
- Started taking responsibility for your behavior

About Ipower Celebrate Life

ipower Celebrate Life is a personal transformation company established in 2001.

ipower is a company of practitioners. We started off as sincere students. We have tried and practiced many techniques and stumbled upon the deeper inner realms of unlimited power, strength and joy. This realization enhanced our ability to create extraordinary results. It has also helped us to lead happy and uncompromising lives true to our heart's desire. This joyful state of being prodded us to share some of our workable paradigms with others.

As practitioner coaches we have started sharing our experiences with small gatherings of people. We come from the paradigm of deep respect and strong appreciation for the inherent greatness of human beings. Our simple and humble approach is to stand by people with unconditional love as they are struggling to reverse their years of past conditioning and unburden themselves.

Over a decade of our existence, we have coached over twenty thousand people and helped them to discover their inner world. This helped them to creating extra ordinary results in all areas of their lives. Our technology has made an enormous difference to them and enriched their lives greatly. Many of them have discovered to their delight that nothing is impossible when they come from the inside out paradigm and change their feelings and thinking.

Our Vision:

To create one lakh Celebrating families through training Women and Youth

Our Mission

To create authentic leaders who have pure hearts and positive minds. These leaders are emotionally intelligent and live by inside out paradigm. At deeper level they accept and unconditionally love themselves.

We are, in short, offering the revolutionary fruit of years of labour and self-discovery so that we can help build a nation of leaders. After considerable success in our real time courses, we wish to reach out and touch One Lakh Families.

This would be accomplished by creating ipower coach network and ipower centers all over the country. We will also use the technology to reach as many people as possible.

Our Values

- Passion for making a difference
- Unconditional love
- Forgiveness
- Respect
- Living in the moment
- Celebration of life

Our Coach

Sista Murty, Founder and Chief Coach of ipowercelebratelife.com

Sista Srinivasa Murty is a personal transformation coach and trainer with two decades of experience. He has in his kitty, some scientifically developed and thoroughly perfected self-development tools that are proven through practice.

With deep mastery over individual transformation, Sista has many success stories where he helped many to get started in life, get ahead of the race and keep going even when the going gets tough.

Clarity, compassion and confidentiality with his clients make him a much sought after mentor and a personal guru of many. His book Celebrate Being a Woman has been a life changer for many women.

Sista is a graduate in engineering from SVNIT, Surat and has an MBA from Sri Sathya Sai Institute of Higher Learning. He was a founder faculty of management at Amrita Viswavidyapeetham and later found an experimental B-school for the social upliftment of rural masses in Coimbatore. He was on the management of several companies before dedicating himself to fulltime study and practice of psychological transformation tools that unleash inner potential and develop it into extraordinary performance. His group training programs transformed thousands of youth from colleges and corporates in various states. Several top executives and organizational leaders benefitted personally from his consultations. Presently, he is focusing on Conducting 'CELEBRATE LIFE', 'CELEBRATE BEING A WOMAN' and 'SELF LEADERSHIP FOR YOUTH' programs across the country.

Coached and Trained Individuals from:

Canara Bank, HDFC Bank, Axis Bank, Indusind Bank, Citi Bank, Standard Chartered Bank, SBI, Infosys, TCS, Wipro, Cognizant, IBM, SAP Labs, iflex, Polaris, Phillips, Intel, Microsoft, HP, Dell, Tech Mahindra, Oracle, CSC, Deloitte, EDS, App Labs, Easy Design Systems, Texas Instruments, Scope International, Virtusa, Kyocera, Intergraph, Colgate, P&G, ITC, Airtel, Tata Docomo, Reliance Communications, Spice Telecom, Nokia, Foxcon, Hyundai, Motherson Sumi, GVK EMRI, Bhilai Steel Plant, Essar Steels, Pulse Pharmaceuticals, Reddy Labs, Natco, SKN Organics, Vivo Life Sciences, Naukri.com, Future Generali Insurance, ICICI Prudential Insurance