



INSPIRING
INDIVIDUALS

TRANSFORMING
ORGANISATIONS

APEX
Achieving Personal EXcellence



INSPIRING INDIVIDUALS
TRANSFORMING ORGANISATIONS

INSPIRATION

Imagine what it can do for your organisation.

APEX
Achieving Personal EXcellence

APEX harnesses timeless wisdom, innovative processes and advanced stress management techniques, creating a dynamic workplace that nurtures leadership, team spirit, creativity and outstanding performance.

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When **hands** start to see,



the **future** begins
to take **shape**.

V I S I O N

Your company's human resources: that's the one thing your competitor will never have.

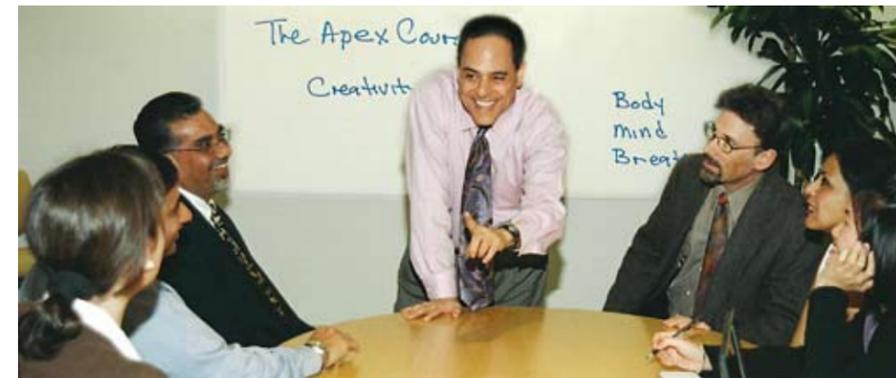
Business organisations are facing challenges like never before. Today, the challenge of increased competition from around the world must be met by investing in human resources. In many cases, increased investment in human resources is the only means available to unlock the potential of both management and rank-and-file employees to achieve the values and the vision of a company.

A company that lacks an inspired workforce faces severe problems: work-related stress, loss of identification with the organisation, absence of commitment, early burn-out, and reduced productivity. It is well established that resorting to conventional tools like promotions, pay hikes, motivational talks, and leadership summits offers only short-term solutions. And then it's back all over again to the drawing board, management forever at a loss on how to devise strategies to motivate employees.

Have we dared to look beyond... and within...?

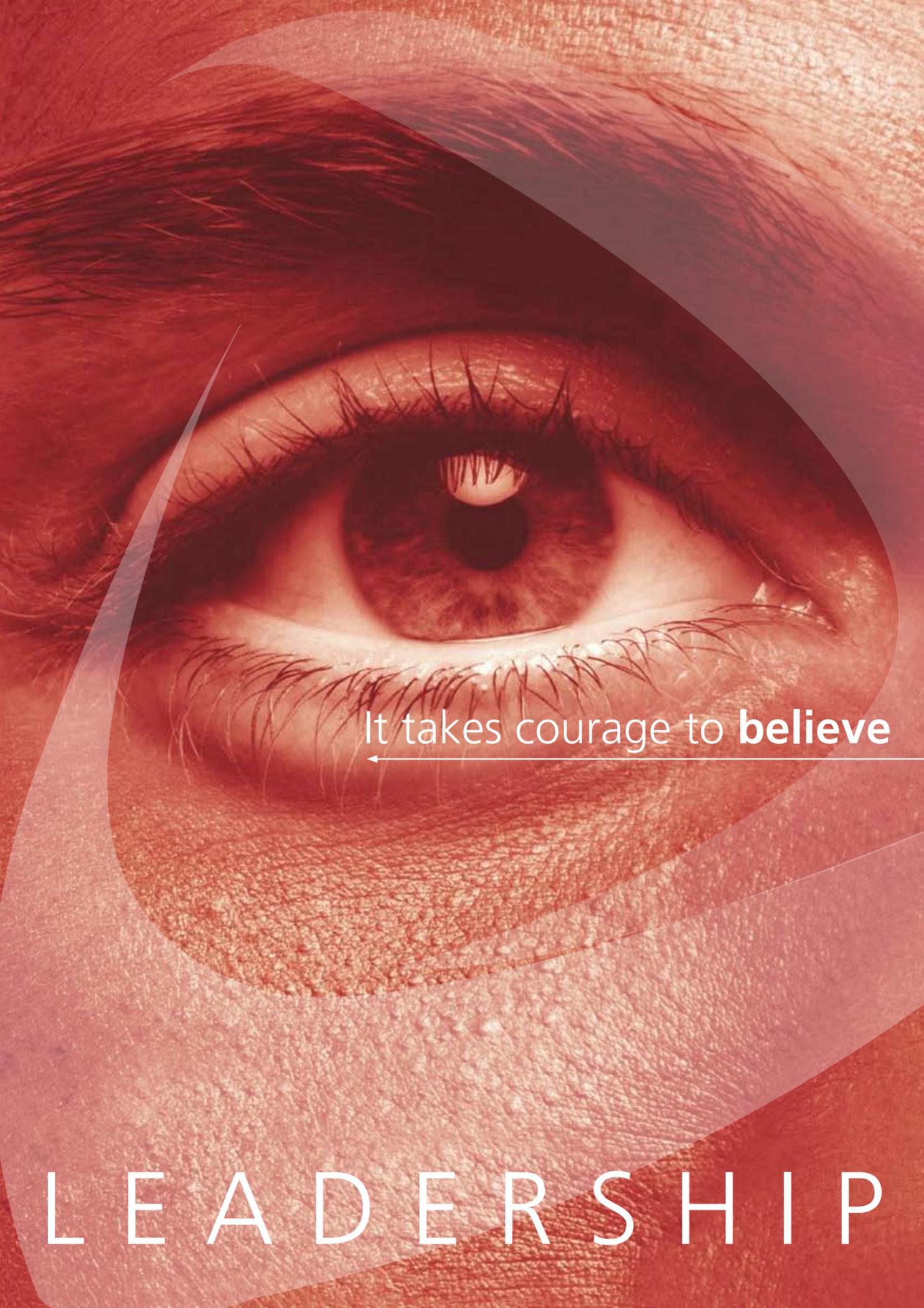
“ This program has changed my perception towards life. It has been enlightening, refreshing and enriching. The management techniques really taught us how to make our business grow in a serene and dynamic way. ”

Chan Bee Hong
Financial Controller
Shangri-La Hotels,
Singapore



“ Awareness nurtures the intellect. Belonging nurtures the heart. Commitment nurtures life. These together bring direction in life. Even if only a few people in an organisation observe this ABC, such can bring about a big transformation. ”

Sri Sri Ravi Shankar



It takes courage to **believe**

that within a stone exists
such a beautiful **creation.**

“The program has helped improve the work environment, teamwork, productivity and reduce stress. Our investment of time has been well worth the returns from the program.”

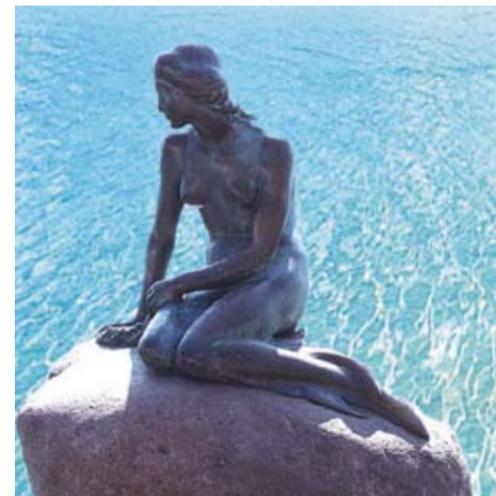
*Dr. Sanjay Pradhan
Director Public Sector Governance
The World Bank, USA*

Inspirational Leadership can unlock the full potential of superior performance and responsibility that lies within the individual.

- One Nelson Mandela inspired an entire nation.
- One JRD Tata inspired an entire industry.
- One Willy Brandt encouraged a whole country to “risk” more democracy.
- One Martin Luther King inspired social change.

Imagine the power of a team of inspired individuals.

APEX transforms individuals into leaders based on a simple principle:
If people are inspired from within, they will love what they do.
If people love what they do, they take responsibility.
And when people take responsibility, they lead the organisation to its vision.



LEADERSHIP

“When love and skill work together, expect a masterpiece.”
John Ruskin



Only a firm **commitment**

can create a **masterpiece**
on a blank canvas



“The Performance of our staff has remarkably improved which also showed in the business results and the way we met our targets ...”

*Mr. Vivek Vig
Country Head, Retail Banking
Centurian Bank of Punjab, India
Former General Manager, Consumer Bank,
Samba, Saudi Arabia*

APEX goes beyond concepts:

APEX is a proven method for improving the quality of life and for creating awareness, belongingness and commitment. It is a practical and effective training program that can empowers individuals and teams to experience unshakable calmness and inner clarity in the midst of any challenge or crisis. And experience has shown that when the mind is stress-free and calm, superior performance is nothing but natural!

APEX is based on innovative breathing techniques that permanently reduce stress and heighten one’s mental clarity and awareness. These powerful techniques, which are easily learned and practiced, improve concentration, enhance creativity and foster human values.

This creates an inspired individual ready to explore, open to change and willing to take responsibility.

APEX then introduces the individual to advanced teambuilding techniques, processes and management skills, harnessing collective power to meet organisational goals.



TEAMWORK

“The silence increases the voltage of the words.”
Sri Sri Ravi Shankar



The journey to greater heights

EXCELLENCE

The International Association for Human Values (IAHV) is an international humanitarian and educational non-governmental organisation committed to promoting the resurgence of human values in all aspects of life. IAHV was founded in 1997 in Geneva by Sri Sri Ravi Shankar and maintains special consultative status with the Economic, Social and Cultural Council (ECOSOC) of the United Nations, participating in a variety of committees and activities related to health and conflict resolution.

IAHV partners with governments, educational institutions, other NGOs, corporations, businesses and individuals to develop and promote programmes for personal development and to encourage the practice of human values and ethics in everyday life.

IAHV has one of the largest volunteer-based networks in the world. Its projects have benefited over 20 million people in over 140 countries from all walks of life. IAHV has a wide range of social, economic, cultural and spiritual activities, including the widely-commended annual Symposium on Ethics in Business.

The APEX Workshop was developed by a team of top consultants and international experts in the fields of business management, health science, law, education, and personal development. After extensive research and testing the team was able to develop a model seminar for the business community. The APEX Workshop is designed to create a paradigm shift in the way people live, in the way they perform their duties at home and in the workplace, and in the way they interact with their fellow human beings.



**International Association
for Human Values**

www.iahv.org
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