



**COMMON GROUND
WEBINAR SERIES**

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KEY TAKEAWAYS DOCUMENT



**Project
Management
Institute.**

Common Ground Webinar Series

Theme: Life skills/Professional development

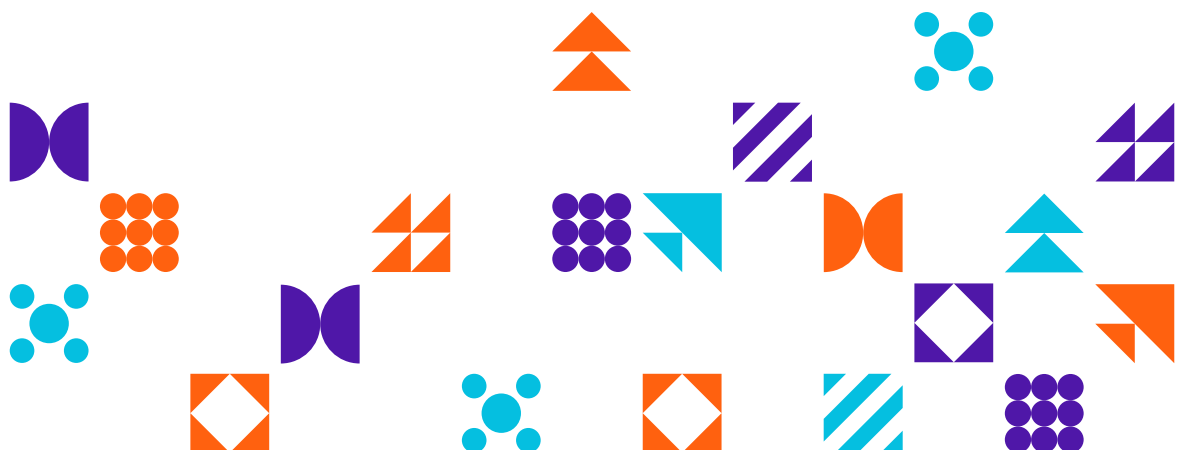
SEASON 1 | EPISODE 5

FEATURED SPEAKER



Radhika Vachani

Founder
Advaita Wellness Pvt. Ltd.



Session: Challenge to Opportunity - The Mental Wellbeing Journey



Radhika Vachani, founder of The Institute of Inner Wellbeing & Excellence, is an authority on positive wellbeing. Her mantra is to “transform the world, one breath at a time.” She is a researcher and author, with 23 years of experience in practicing yoga, meditation, and self-awareness.

Summary

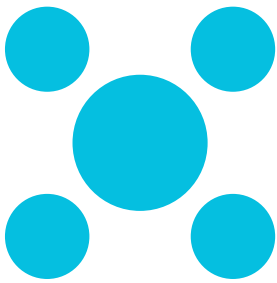
The world around us is impermanent; this too will pass. When caught in a maelstrom such as the pandemic, it is easy to get swept away by negativity and forget to look beyond the current state. Radhika Vachani reminded project managers of the transient nature of our physical reality and to get comfortable with volatility and change.

There is a need to retrain our perspective toward the ever-changing physical environment. It begins with accepting that nothing is permanent in life, and making peace with this fact.

Ms. Vachani believes in the power of wellbeing to overcome and convert challenges into opportunities. The starting point to enhance mental wellness is by understanding one's current mental state. She defined our mind and body as the house in which we spend 24 hours a day. We spend hours taking care of our external self; it is equally important to dedicate time to take care of our internal self.

She demonstrated a few breathing techniques for effective meditation and urged practitioners to dedicate time to regularly meditate to gain mental clarity and master challenges.





Key takeaways:

- Three issues affecting mental wellbeing: mental clarity, emotional barriers, physical wellness.
- Your thoughts have a profound impact on your actions and experiences in life.
- Don't give in to emotional hijacking; get control over your behavior and stay in touch with reality.
- Reflect on ancient Indian wisdom and apply it to modern life.
- Respond, and not react, to change.
- Hone your inner-self the way you develop your external self.
- Put your best effort today, and not tomorrow.

Live in the present; the past is over; the future is not here yet.

