

GIRISH JHA

Coach
Mentor
Guide
Speaker
Writer



www.girishjha.org



Coaching & Mentoring

Intensive Coaching programs online or in-person aim at conscious evolution and transformation aims at self-fulfillment in a personal professional, social h family lives based on eastern wisdom which is 6000 years old. It is like science has many scientists, and eastern wisdom has many masters who discovered one truth (we are the real self of the nature of permanent peace, happiness, love, truth, and wisdom) and 3000 masters validated the principles and practices.



To Know it good, To Live it is better To Be is the best



Everyone knows peace is good, but how many people live in peace. Does it mean peace is not good? No, it is not true, we do not try to understand and ask, why we do not live in peace. Eastern wisdom offers the right knowledge, right steps, and right practices to start living in peace. Buddha did not stop there, he became an epitome of peace, it is the third step. It means he discovered peace within and realized peace is our essential nature. Apply the same three steps in everyday life to be the best in your life.

Coaching and Mentoring services

- **Performance Coaching - individuals & groups:-** We help individuals or groups to awaken to the full potential of human resources by enhancing self-awareness, greater responsibility, & raising their skills to the next level by 10 step strategy. We guide individuals or groups to awaken to full potential to perfectly align subjective being with objective reality at personal, professional, & social level to give their best at all levels. Eastern wisdom aims at realization of the highest & the greatest in human beings. At the same it allows progressive manifestation of creativity, peace, harmony, performance in personal, professional, social & family levels. We introduce the 10 step approach to individuals or the group to maximize their potential & minimize the stress, conflict, confusion in their life.
- **Executive and Leadership Coaching:** He coached and mentored many executives and CEOs of IT companies invoking four steps of eastern wisdom that inspire, motivate, and trigger the deeper layers of intellect, to discern the real from the unreal and it helps to tread the path to peace, prosperity, and success. The four steps are supported by many simple,



easy, effective principles that change the mind. The mind changes the brain, and the brain changes behavior, and attitude, in turn, which changes personality. The journey takes executives to become natural, effective leaders in their organization.

- **Kids and Youth Coaching:** He coached and mentored more than 5000 school kids and inspired them to become good person, a program created for them based on eastern wisdom. He also coaches kids and youth suffering from emotional, mental, and drug-related challenges in a private session with parents.
- **Relationship Coaching:** Our science is wonderful but our psychology is deplorable in the modern age, causing relationship problems to include fighting, emotional trauma, suffering, and violence. Divorce, violence at home and workplace, instant anger, agitation, disbelief, and mistrust are a few of the many reasons human beings are struggling with every day. Eastern wisdom shows the path to finding inner harmony, peace, and ways to remove inner conflicts and confusion before dealing with relationship challenges outside. The right perception inside helps manage the relationship with ease, free from pain and suffering.
- **Employee / Group/ Corporate Coaching:** It is all about cooperation and harmonization, performance and productivity, leading and evolving that guides the organization to greater heights, unmatched success, and unlimited growth. Eastern wisdom helps employees to start self-inquiry to find the Real-Self to remove all pain points caused by the wrong identification. Self-evaluation, and self-assessment tools in eastern wisdom, are introduced to employees and inspire them to follow what is right and good for them and the organization they work for.



- **Life Coaching and/or Spiritual Coaching:** Behind and beyond the flow of life with body, breath, brain, and the mind, there is a center of existence, when discovered makes the entire life a celebration. The goal of life coaching is to celebrate life with peace, happiness, success, prosperity, and love. It includes normal coaching steps of goal setting, strategizing action, and simple and easy practices to remove what hinders the progress.
- **Personalized Coaching:** It includes managing grief, suffering, and physical, emotional, and mental challenges. According to Eastern wisdom, there are three major causes in the mind insecurity, dissatisfaction and unhappiness manifest anxiety, fear, fight, reaction, anger, and agitation in day-to-day living. Eastern wisdom aims at addressing each of these causes by weakening them, leading the mind to higher consciousness, and helping the individual to evolve and transform.
- Girish Jha has an extensive and rich experience of 43+ years in teaching, training, research, mentoring, and coaching people from all walks of life kids and youth, military and executives, couples, IT professionals, public servants, and international coaches. technocrats, managers, doctors, groups & organizations including IT companies like Google, IBM, etc.
- Girish Jha has coached/ mentored more than 900 military officers in high altitudes, 400 diplomats of different countries in Jakarta, Indonesia, 2000 students, and teachers, and hundreds of executives, managers, and IT professionals in different companies including IBM, Microsoft, etc.
- He coached more than 40 psychotherapists and related experts of Greystone Park Psychiatrist Hospital, New Jersey, in principles and practices of eastern wisdom.
- He coached more than 123 prisoners of substance abuse youth to become free from drugs under United Nations Drug Prevention Program.



Coaching in eastern wisdom is to evolve and help everyone to evolve

The vision of eastern wisdom is:

- Let everyone be happy.
- Let everyone be healthy.
- Let everyone be blessed.
- Let everyone be free from all the sufferings in life.
- Let there be peace, peace, and peace
- He has been regularly coaching and mentoring individually/ in the group in eastern wisdom until today.





Few steps that are personalized & customized after the first meeting with the Coachee.

Coaching/ mentoring is the joy of conscious living

- Introduction to eastern how it brings an end to sufferings & awakens to inner peace, happiness, love, truth, and wisdom. After awakening to the inner self, life becomes a joy of conscious living independent of situations, people, and places outside.

Eastern wisdom begins with Self-enquiry, progresses to Self-discovery, and ends in Self-realization.

- Understanding three bases of human life: who we are as an individual? What is the nature of the world including organization & the existence that manifest in attitude, values, performance, & excellence?
- Self-inquiry to remove pain points, self-discovery to become an asset, and self-realization to improve performance.

Regular Self-evaluation, assessment, follow up, feedback, experiences, and indications.

- All participants receive simple, easy, and effective customized practices to remove pain points, suffering, and problems.
- Applying principles of eastern wisdom supported by measurable self-evaluation tools to evaluate change and progress.



Establishing the objectives: the goal of life and goals in life.

- Introducing to participants the goal of life aims at peace, performance creativity, & progress. It is different than goals in life i.e., career & wealth.
- Understanding desire fulfillment and self-fulfillment to change the perspective of life that prevents resignation, frustration, pain points, etc.

Secrets of Four Connections, Three Movements, and Four Steps revealed in the life.

- Four connections settle the goals deep inside the mind for success. Three movements move the mind in the right direction and prevent the pain points from entering life.
- Four steps change the entire perspective of life through extraordinary knowledge of eastern wisdom.

5E and 4T are what make coaching unique.

- All participants are coached on how to progress, and self-assess the change by 5E- Engagement, Education, Empowerment, Evolution & Enlighten.
- 4T means Talk on the principle, Training the mind, Tips to remember & retain, & Technique. By this method, every participant becomes a coach to him/her in a time of crisis.
- 10 self evaluation techniques & take highly effective corrective measures to transform the personality.
- Proven strategy, principles, & personalized practices in every session based on eastern wisdom depending on the Coachee follow up & feedback.
- Digital delivery of talks and practices after every session.



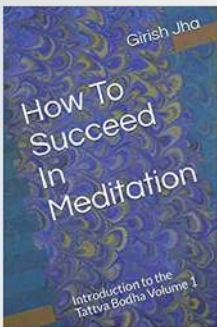
You will receive answers of burning issues in life

- What are the three causes of sufferings in life and how to remove them?
- How the discovery of inner peace, happiness, wisdom, & love transforms life at personal, professional, social, and family levels guided by increased performance, productivity, harmony, cooperation compassion.
- And much more in every session of coaching.



List of books authored by Girish Jha available on Amazon

These books are written to give seekers weekly & intensive programs on meditation and mindfulness.

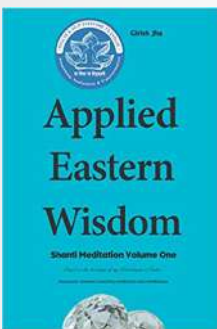


How to succeed in Mindfulness?

The book discussed how to change behavior and attitude to change mind to succeed in mindfulness. The book is based on the teaching of great master Shankaracharya. The book is good for executives, professionals who aspires to bring transformation in their lives.



<https://tinyurl.com/2tbc9duw>

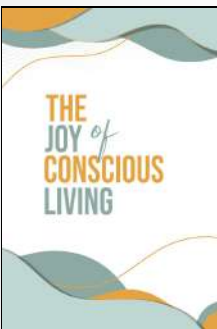


Applied Eastern wisdom – Shanti meditation.

The book discusses the principles as taught by great masters for over 6000 years. It offers more than 10 transcriptions of practices. Shanti Meditation practices combines steps from Tantra, Buddhism, and other traditions for modern man to succeed.

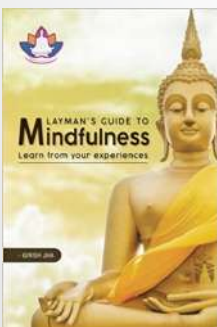


<https://tinyurl.com/2p8kz6s4>



The joy of conscious living.

The book discusses modern and traditional perspective of transformation in life, includes more than 10 practices. It gives deeper understanding of what science says and what eastern wisdom says about meditation and mindfulness.

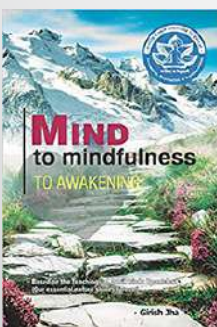


Layman's guide to mindfulness.

The book explains principles in layman language to understand the principles and practices of meditation / mindfulness. It is a book that anyone and everyone should have to tread the path.



<https://tinyurl.com/mpbf6hvn>



Mind to mindfulness to awakening.

The book is based on AB Upanishad that explains principles, philosophy and practices of mindfulness. If one does not follow them, one cannot succeed in mindfulness.



<https://tinyurl.com/ujfy8wth>



Value added services associated with the program

Extra benefits

- 10 self-evaluation tools to help you increase peace, performance productivity, progress.
- Regular follow-ups & feedback by emails.
- Access to specialized mindfulness, Kundalini & Self-discovery programs on YouTube.
- Digital delivery of audio files in your emails.
- Simple, easy, effective & personalized practices especially for you.

Contact us :-

- ✉ info@girishjha.org
- ☎ +1 609 447 5421
- 🌐 www.girishjha.org
- 📺 <https://girishjha.org/Live-Events>
- 📘 <https://www.facebook.com/Mindfulness4YOU>
- 🌐 <https://www.linkedin.com/company/shreyas-usa-llc>
- 📺 <https://www.youtube.com/channel/UCGdkdQ604USRHZwjUBQyUAA/featured>

We are here for you and your dear and near one's



- Executives, Managers, Coaches, mentors.
- IT, Software, hardware companies & organizations.
- Couple facing challenges in relationship.
- Groups/team aspiring for excellence with peace & happiness.
- Kids/ youth facing emotional, mental, and addiction-related challenges.
- People and individuals suffering from emotional & mental challenges.
- People aspiring to know the truth behind word, spirituality in an easy effective manner free from cult, dogma, belief & religion.



Coach, Mentor, Guide, Speaker, Writer

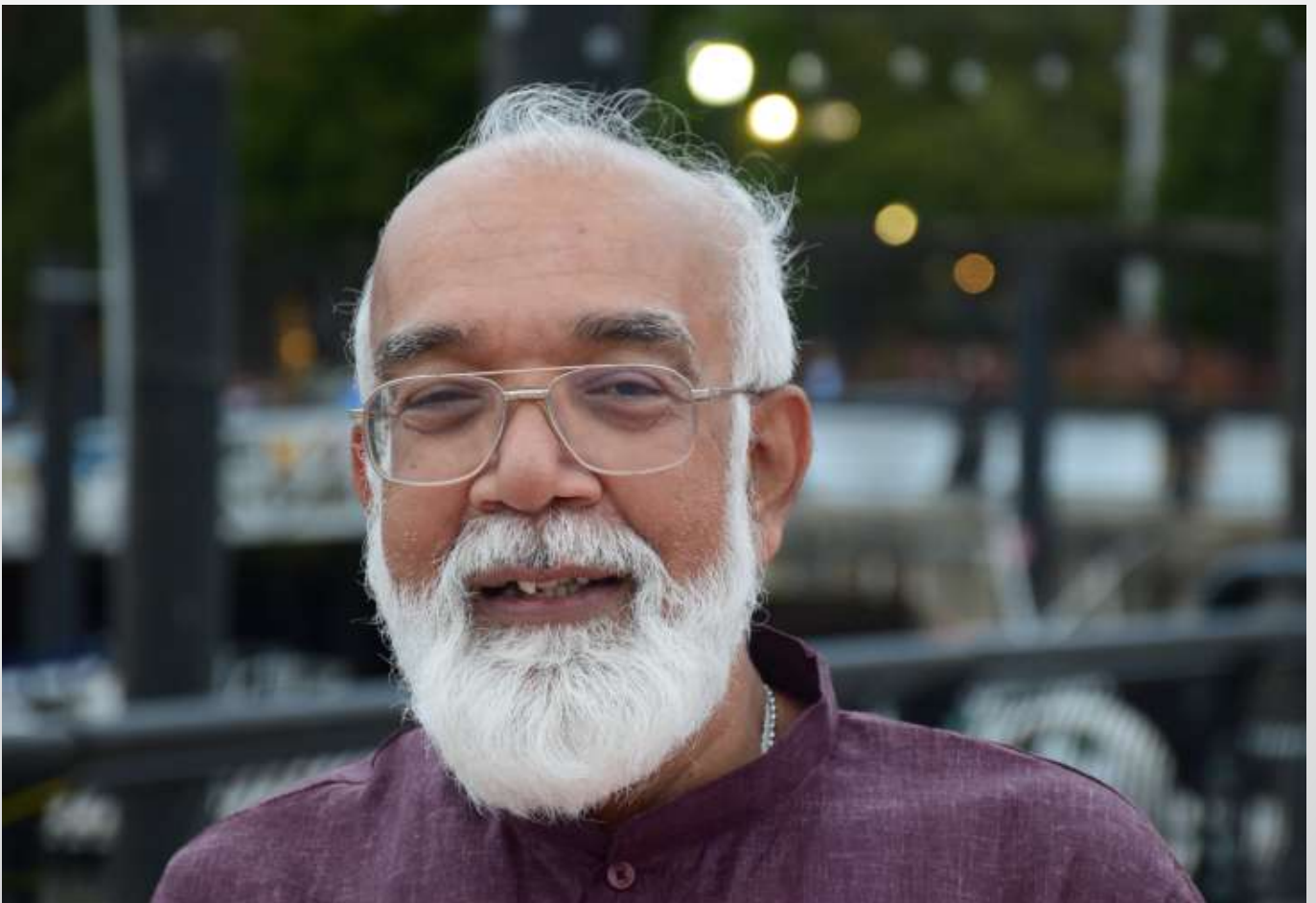
Girish Jha



He volunteered to senior Resource Center, NJ to help seniors to manage their stress & suvering, move to healthy ageing & live their life in peace & happiness.

He coached more than 40 psychotherapist & other relates experts of Greystone Park Psychiatrist Hospital in principles and practices of eastern wisdom.

He coached more than 123 prisoners & substance abuse youth to become free from dugs under United Nations Drug Prevention Program, He has been regularly coaching & mentoring individually/ in group in eastern wisdom until today.



Testimonials



My husband & I both study with Girish and have known him since he arrived from India.

Meditating with him has been very good for our marriage because it allows us to be calm & loving when we speak with each other...



Priscilla Estes
Yardley, PA

I have been able to cope with & manage my diabetes to a far greater extent than I had in the past

I have never experienced the effects of pure joy & happiness as I feel when practicing Girish Jha classes. Through a regular practice of Girish's unique ...



KK
NJ, 2012

Every day a way to be more capable, more focused, more energetic, more serene.

Dear Girish Jha, Since I received your teachings in Jakarta from 1997 until 2000 I can say that my perception of life has changed. With your teachings...



Maria Zaragoza
Barcelona, Spain, 1999

Mr. Girish Jha has a deep insight into the connection between what one does and why one does. He can help one understand and establish the cause-effect relationships in the various areas on life.



Sameer Mehtani

Testimonials



I have been able to manage my deep grief and live in peace & happiness

My first interaction with Girish Jha took place in 2008, when he was giving a small and easy practice of conscious rest & relaxation. For years, depression caused too much of pain in my...



A Hoffmann
Princeton, NJ 2008

The best Nada Teacher (sound resonance practices)

Girish Jha is the best Nada Yoga & Meditation teacher I have ever had. He is very knowledgeable & very good at teaching the subjects of Nada Yoga & Meditation. He gave ...



Sharon Silverstein and the Peace Project
Owner, Living At Peace, LLC (through LinkedIn)

Training military officers in Himalayas was stress relieving & increased performance.

Girish was called at Army Cantonment at Leh in Himalayas for a training for Officers & their families & troops. I was the Army officer in General Staff...



Niresh Rathore
Brigadier (Retired)

Testimonials



Working with Girish Jha has helped me in so many ways, the knowledge and practices he provided have helped reduce my stress levels, improved my relationships both professionally & personally has encourage me to be a better person in all aspects of my life. I'am more productive, happier & at peace with myself & others. Thank you, Girish.



Sam Rossiello
Deloitte (New York)

My friend acquainted with Girish Jha, introduced me when I had lot of challenges with my employer, HCL. I am currently working in HCL IT software company. He offered me two simple practices and then introduced principles of eastern wisdom to give a new perspective to life including professional life. Since then my mind changed and dropped fear, dissatisfaction, and insecurity about the job. It motivated me to work smart and become an asset to the company, instead of thinking negatively. I am still working for the company for the last 10 years. The program raises self-awareness, and gives deep insight into how to work with commitment-free from stress.



Vinay Kumar
HCL Technology

My name is Rakesh and I work for Genpact, which has its presence in more than 30 countries across the world. Before I met Mr. Girish Jha, I was the type -A personality and I used to live in a lot of stress and insecurities, due to high burnout. My fatigue level was very high all the time. After attending his program I learned to live in peace & happiness, my work performance at work & relationship improved, I started earning the respect of my seniors, my colleagues, and my team members. The program Girish Jha has given to me, is based on Eastern Wisdom including mindfulness and other practices, to enhance self-awareness and performance. I still attend his weekly sessions on Eastern wisdom regularly to realize my inner potential.



Rakesh Saxena
Genpact