

# GIRISH JHA

Coach  
Mentor  
Guide  
Speaker  
Writer





# Coaching & Mentoring

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.

Girish Jha, Coach and Mentor offers Unique Coaching program online or in person aims at conscious evolution and transformation of human assets based on eastern wisdom so that organization retain & revitalize the talents, removes the mental blocks causing loss, and low performance.





# Performance Coaching individuals & groups

We help individuals or groups to awaken to the full potential of human resources by enhancing self-awareness, greater responsibility, and 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, and social level to give their best at all levels.

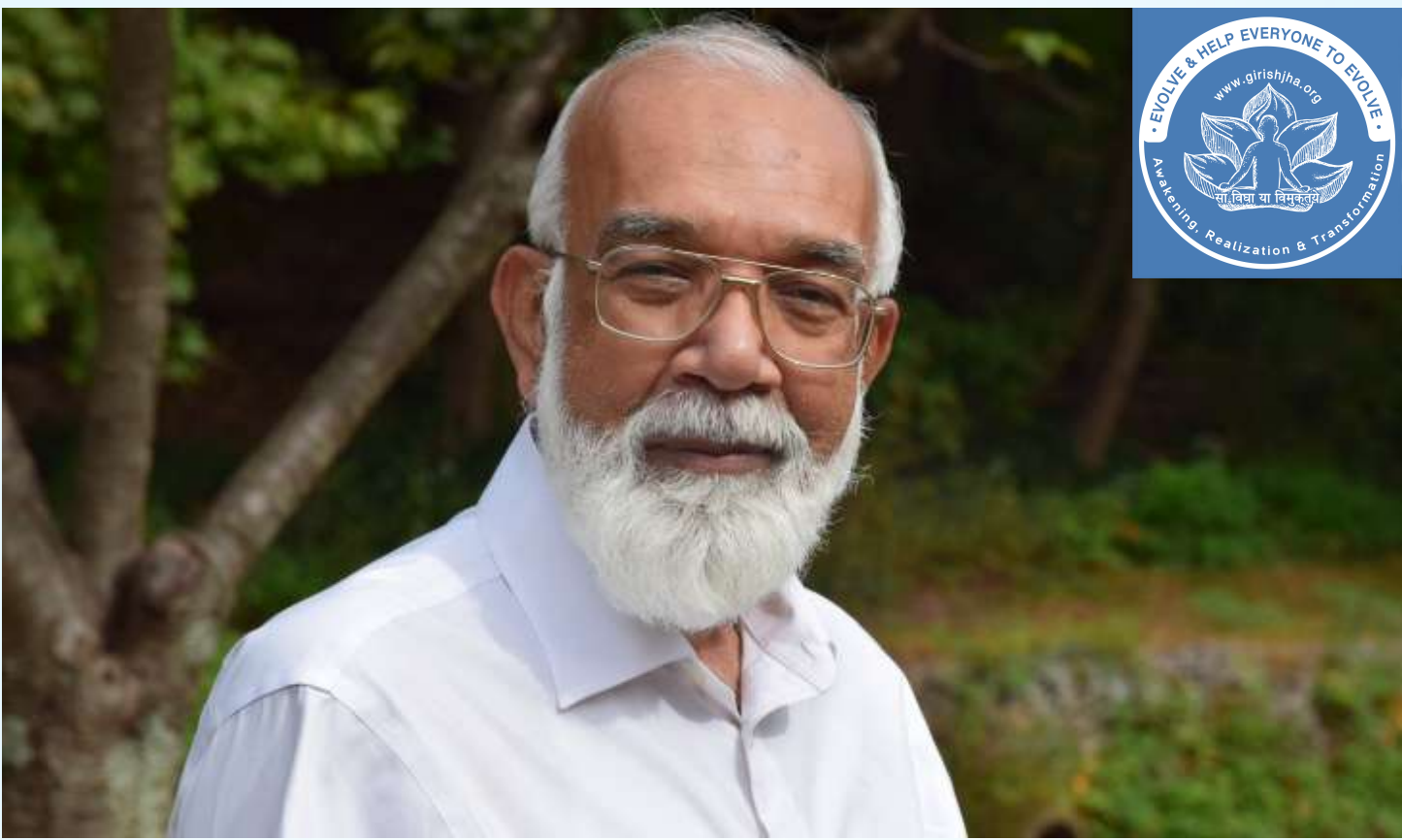
Eastern wisdom aims at realization of the highest and the greatest in human beings. At the same it allows progressive manifestation of creativity, peace, harmony, performance in personal, professional, social and family levels. We introduce the 10 step approach to individuals or the group to maximize their potential and minimize the stress, conflict, confusion in their life.





## Girish Jha, BS, MS, APA, RYT<sup>500</sup>

- Girish Jha has been coaching and mentoring executives, IT professionals, groups & organizations includes, IT companies like Google, IBM, Military, International Coaches.
- 43+ years of Teaching, Training, Research, Mentoring People including Diplomats, Technocrats, Executives, Managers, Engineers, Doctors, Military officers & Young kids and Students. He has conducted many coaching programs individually and in groups to multinational organizations all around the world.
- His clients come from all walks of life (technologists, engineers, public servants, politicians, diplomats, teachers, managers, CEO's, adolescents, & even medical doctors).
- Coaching in eastern wisdom aims at discovery of innermost self, of the nature of permanent peace, happiness, love, truth, and wisdom. Once we awaken to the true self, life is transformed, results into fearlessness, creativity, cooperation, compassion, kindness.



- He personalizes programs then customizes to individual and group needs with Talk on the principles, followed by new practices in each session.
- Girsh Jha has coached/ mentored more than 900 military officers in high altitude, 400 diplomats of different countries in Jakarta, Indonesia, 2000 students and teachers, and hundreds of executives, managers, IT professionals in different companies including IBM, Microsoft etc.
- He volunteered to senior Resource Center, NJ to help seniors to manage their stress and suffering, move to healthy ageing and live their life in peace and happiness.
- He coached more than 40 psychotherapist 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 dugs under United Nations Drug Prevention Program.
- He has been regularly coaching and mentoring individually/ in group in eastern wisdom until today.





**A few topics we cover in coaching but are not limited to the topics below. Our coaching program is highly customizable.**

**Coaching program starts with a brief talk and two simple practices leading participants to Deep Relaxation.**

**Coaching/ mentoring is the joy of conscious living**

- Introduction to eastern how it brings an end to sufferings and 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, & 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 and the existence that manifest in attitude, values, performance, and excellence?
- Self-inquiry to remove pain points, self-discovery to become an asset, & self-realization to improve performance.

**Regular Self-evaluation, assessment, follow up, feedback, experiences, & 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 & 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, and Technique. By this method, every participant becomes a coach to him/her at the time of crisis.

## **The Coaching program will also help in**

- Managing day-to-day stress, reaction, anger, agitation, and relationship challenges.
- Improve memory, increase focus, enhance receptivity, and induce deep relaxation and calm.



- Accelerating the pace of evolution to perform better with wisdom in personal, professional, social, and family lives.
- Understanding desire-fulfillment and self-fulfillment to evolve consciously in professional life
- A clear understanding of one's true nature, the world outside includes organization, and an employer with reference to one's True nature that drops and dissolves inner conflicts, pain points, problems, and sufferings caused by emotional dependence.

Note: The coaching program is free from dogma, belief, cults, religion,

## Coaching Mentoring in eastern wisdom Concept principles, & Practices

- Clear understanding of one's True nature, the world outside includes organization, employer with reference to pure consciousness drops and dissolves inner conflicts, pain points, problems and sufferings caused by emotional dependence.
- Understanding desire-fulfillment and self-fulfillment to evolve consciously in professional life.

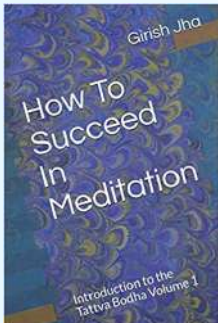
### You will receive answers of burning issues in life

- What are the three causes of sufferings in life and how to remove them.
- How discovery of inner peace, happiness, wisdom, and 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.

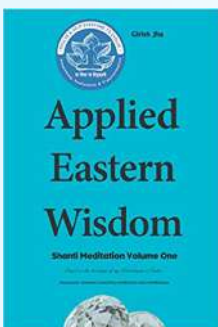


## **How to succeed in Mindfulness?**

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.

Buy now at  
**amazon.com** >

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

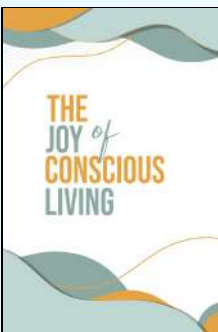


## **Applied Eastern wisdom – Shanti meditation.**

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.

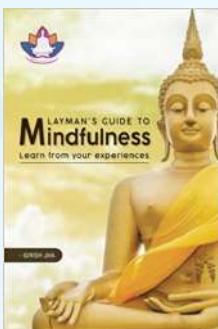
Buy now at  
**amazon.com** >

<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.

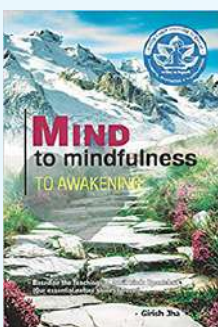


## **Layman's guide to mindfulness.**

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.

Buy now at  
**amazon.com** >

<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.

Buy now at  
**amazon.com** >

<https://tinyurl.com/ujfy8wth>




# Value added services associated with the program

## Extra benefits

- 10 self-evaluation tools to help you increase peace, performance, and Productivity.
- Regular follow ups & feedbacks, self-evaluation, and self-assessment.
- Free access to specialized mindfulness, Kundalini & Self-discovery programs on YouTube,
- Digital delivery of audio files in your emails.

## Contact us :-

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 [www.girishjha.org](http://www.girishjha.org)

 <https://girishjha.org/Live-Events>

 <https://www.facebook.com/Mindfulness4YOU>

 <https://www.linkedin.com/company/girishjhallc>

 <https://www.youtube.com/channel/UCGdkdQ604USRHZwjUBQyUAA/featured>

# For whom we are here

- Executives, Managers, IT professionals.
- Software, hardware companies & organizations.
- Groups/team aspiring for excellence with peace & happiness.





# 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...

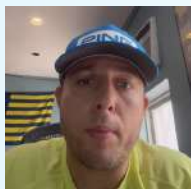


***Niresh Rathore***  
*Brigadier (Retired)*

# 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.



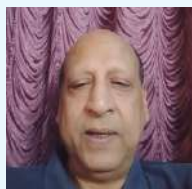
***Sam Rossiello***  
*Deloitte (New York)*

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*