

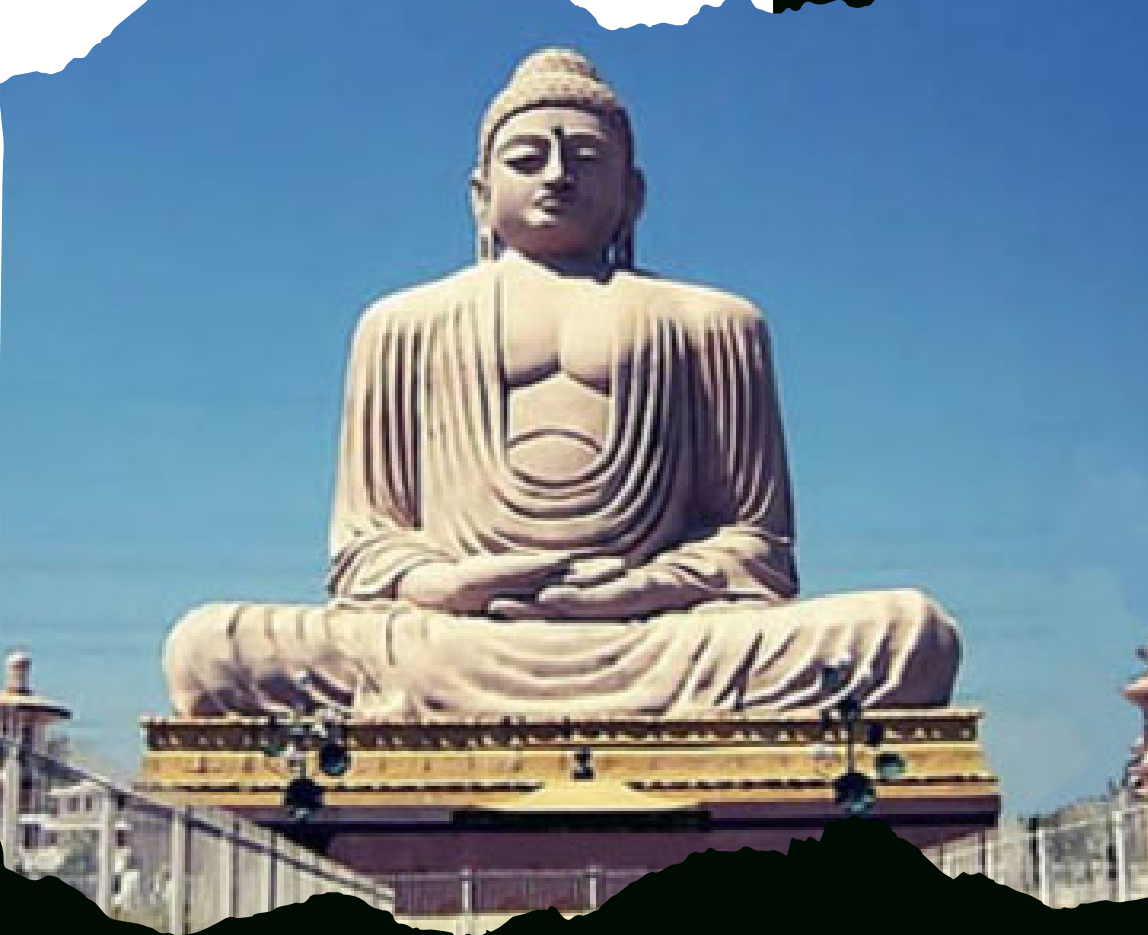
LEADERSHIP IN A VUCA WORLD

26th to 30th August 2025



Organized by
Indian Institute of Management Bodh Gaya
Bodh Gaya

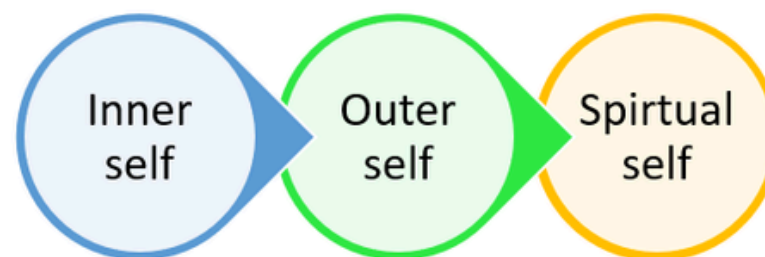
In Collaboration with
Ministry of External Affairs
Under
Indian Technical & Economic Cooperation
Programme (ITEC)





ABOUT THE COURSE

In today's VUCA (Volatility, Uncertainty, Complexity, and Ambiguity) world, social and organizational landscapes are marked by unpredictable, constantly changing, and rapid change. Mindfulness, the practice of maintaining a non-judgmental awareness of the present moment, plays a pivotal role to reach a balance between the inner self and outer world. The ability to foster inner strength, collective resilience, and mindful leadership is more critical than ever as it emphasizes self-awareness, empathy, and ethical values, sense of connectedness, and promotes well-being. Numerous research investigations have established that mindfulness yields both physical and psychological benefits for individuals. The program uses a holistic approach that equip leaders to create a positive impact, by aligning their actions with their core values and a sense of purpose. This course emphasizes on three key facets as shown below:



1 Week Schedule

Day	Session 1	TEA BREAK	Session 2	Lunch Break	Session 3	TEA BREAK	Session 4
Day 1	Introduction to Mindfulness - Buddhist Philosophy		Reactivity, Stress and Burnout		Ashtanga Yoga for Wellbeing		The Science and Practice of Wellbeing
Day 2	Self-Awareness for Leading Self and Others		Emotions, Acceptance and Response		Noticing, Processing, and Cultivating positive emotions		Spiritual Wellness
Day 3	Experiential Learning through Outbound Visit to Nalanda Ruins		Experiential Learning through Outbound Visit to Nalanda Ruins		Right Mindfulness and Social Capital		Fostering Moral Values – Ethical Leadership
Day 4	Leading with Compassion		Change Management		Servant Leadership		Balancing Time and Priorities – Dharma and Inner Game
Day 5	Finding Meaning and Purpose - Your Ikigai		Manifesting Aspirations and Crafting your Dream Career		Integrating Mindfulness into Your Life and Daily Practice		Valedictory and Feedback Sharing

Course Highlight: Experiential Learning, Reflection exercises, Sharing Circles, Visits to pensive sites, Case studies from real-life Scenarios

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