

VEDANTA

Wisdom for Life



Introduction

The session highlights the development of the human intellect as the solution to the challenges facing individuals and society. Based on Vedanta, the timeless philosophy of life and living from India, it presents one with the tools to develop clarity of intellect. An intellect-led individual is dynamic in action while maintaining peace of mind. Creates a life of success and happiness.

The Speaker

Sudhakar hails from a distinguished business family in Durban, South Africa. From an early age his interest in philosophy grew to overshadow his academic accolades including a scholarship to the University of Cape Town and National Debating Champion. He has degrees in English Literature and Vedanta Philosophy and has been studying and sharing the development of the human intellect for over two decades. Sudhakar is a resource of the Vedanta Academy India, regularly addressing premier companies, universities and organisations worldwide. Some include Xaviers University, University of Cape Town, Deloitte, Davita, White & Case, Exponea, YPO and EO.

Session Format

60 min Lecture, 30 min Q&A

Topics

- The Missing Peace
- The Art of Relationships
- Adapting to Adversity
- Key to Success without Stress

Objectives

- Reduce Stress
- Build Positive Relationships
- Get a Blueprint for Self-Development
- Increase your Peace of Mind

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