

THE COMPASSION MASTERY EXPERIENCE



Dr. Satguru

An immersive emotive
experience for your team to
learn to...

GO INWARDS
TO GIVE
OUTWARDS

Dr. Satguru

**Goal: To use the power of
compassion to awaken self-
mastery within you.**

So you can feel more
empowered, joyful & free.

And give more abundantly to
others.

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According to University of Michigan's "Compassion Lab", compassionate businesses report:

1. Improved employee and customer engagement
2. Improved productivity
3. Improved profits

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In 2013, The Greater Good
Organisation from Berkeley
said,

"Compassion research is at a tipping point:
Overwhelming evidence suggests compassion is
good for our health and good for the world."

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This is why trailblazing
billion dollar companies
centre their businesses
around compassion

Linked 



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It's also why Forbes magazine loves to write about compassion...

Why Compassionate Leadership Makes Both Dollars And Sense

Rodger Dean Duncan Contributor

I cover leadership issues that make or break your workplace experience

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Compassion As A Business Objective: Why It Matters And How To Cultivate It



Caroline Vernon Forbes Councils Member

Forbes Coaches Council

COUNCIL POST | Membership (Fee-Based)

Four Reasons Why Compassion Is Better For Humanity Than Empathy

Rasmus Hougaard Contributor

I write about mindful leadership and compassion in the workplace.

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Compassion Is A Vital Leadership Skill



Irma Becerra Forbes Councils Member

Forbes Business Council

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Giving Leaders The Superpower Of Compassion



Sanja Licina Forbes Councils Member

Forbes Business Council

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Imagine if the loudest voice
in your head became one of
compassion instead of...

self-criticism, rumination and
isolation.

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How would that affect your teams?

1. Decisions
2. Conflicts
3. Collective energy

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Go inwards to give outwards

3 primary questions for your team:

1. Where are you right now on your growth journey?
2. Who do you wish to become?
3. How do you plan on transforming?

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What to Expect:

Inspired by sages, applied through science

→ Deep ancient mind-body practices to clear your energy & create peace of mind.

→ Powerful live coaching to help you see the blocks you cannot see & release them.

→ Consulting and training for you to commit to self-mastery.

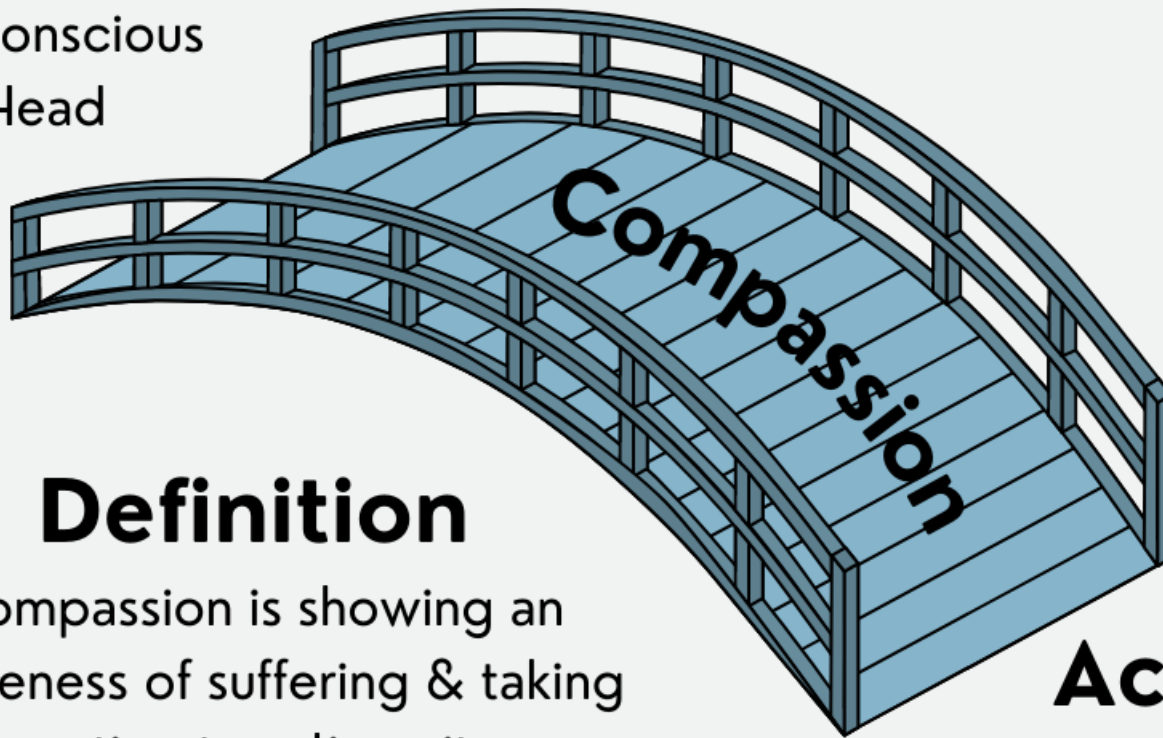
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What is compassion?

COMPASSION IS A BRIDGE

Awareness

Negative emotions
Subconscious
Head



Definition

Compassion is showing an awareness of suffering & taking action to relieve it

Action

Positive emotions
Conscious
Heart

Dr. Satguru

What is *self-mastery*?

"Self-mastery is a continuous commitment to growth in the disciplines that create flourishing"

HUMAN FLOURISHING PERMA

- 1. Positive emotion**
Created through a compassionate mind 
- 2. Engagement**
Awakened through creative flow 
- 3. Relationships**
Created by collaborative connections 
- 4. Meaning**
Cultivated through a courageous purpose 
- 5. Accomplishments**
Generated through calm energy required to reach goals 

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Is compassion the answer?

SCIENCE-BACKED BENEFITS OF COMPASSION

Prevents anxiety & depression	Increases optimism
Positive relationships	Increases life satisfaction
Improves sense of purpose	Increases resilience
Improves physical health	Increases profits
Increases employee engagement	Increases grit
Makes you more giving	Increases productivity
Increases feelings of connectedness	Improves mindfulness
Increases motivation	Improves self-acceptance

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Here is what people are saying about our events...

6 Testimonials help us to spread a positive message and inspire people to Believe In Growth. If you would like to, you can write a short testimonial (optional)

Nilesh does such an amazing job of creating a safe space to share and learn from others. We all have inner work to do and sharing with others that are committed to their growth is a beautiful thing.

6 Testimonials help us to spread a positive message and inspire people to Believe In Growth. If you would like to, you can write a short testimonial (optional)

It was an amazing and immersive experience which allowed connection to others, to myself and compassion to everyone. Phenomenal.

6 Testimonials help us to spread a positive message and inspire people to Believe In Growth. If you would like to, you can write a short testimonial (optional)

I loved Nilesh's energy, and all the knowledge that he shared. I enjoyed the music, the breath-work and the meditations the most. It has reminded me of the importance of meditation and connecting with my True Self in ways that serve me - and others - best. Thank you

6 Testimonials help us to spread a positive message and inspire people to Believe In Growth. If you would like to, you can write a short testimonial (optional)

Nilesh is an amazing truly powerful and great at holding space authentically. Would highly recommend him.

6 Testimonials help us to spread a positive message and inspire people to Believe In Growth. If you would like to, you can write a short testimonial (optional)

Amazing! Thank you - the mediation made me cry - realised that it's ok to let go of the pressure I'm putting myself on - that I'm strong and enough as I am x

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Our events and talks are rated at 4.7 stars (336 respondents)

Here are some statistics...

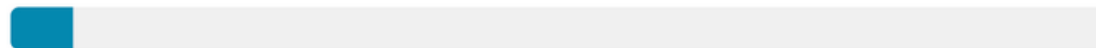
3 Has this talk started to shape your perceptions or beliefs?

336 out of 336 people answered this question

Yes 317 resp. 94.3%



No 19 resp. 5.7%



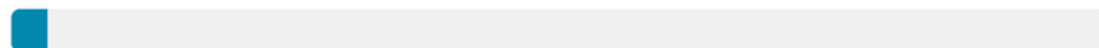
2 Will you start to change a habit/ practice as a result of this talk?

335 out of 336 people answered this question

Yes 324 resp. 96.7%



No 11 resp. 3.3%



Dr Nilesh Satguru:

After 11 years in clinical medicine, Nilesh has trained with world-leading coaches & his purpose is to weave compassion into the fabric of entrepreneurs, creatives and executives.



He has worked with philanthropists, 7-figure entrepreneurs & award-winning charity founders.

They all share a desire to 'go inwards to give outwards'.

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