



SIX SIGMA FOR THE SOUL™

Everyone wants to be successful and happy. However, what we don't realize is that chasing success is like squeezing water in the palm of one's hand. The more one squeezes, the less one gets. And almost everyone postpones happiness expecting it to taste better when it follows success. Being successful and happy are two distinctly different states. Consider these two definitions:

Success is getting what you want

Happiness is wanting what you get

When one mixes up the two definitions, one ends up being disillusioned and confused. Six Sigma for the Soul™ is a unique Program that awakens, clarifies and helps embrace a new way of living __and thinking.

The Concept and Approach

Six Sigma abets Transformation in companies. It helps track and measure defects, elevates the understanding and need for 100% quality in processes and is often an all-pervasive Organizational Development initiative. Six Sigma for the Soul™ attempts the same exercise at an individual level ensuring transformation within, leading to peace, health and prosperity around us. The Program helps shrink the 'error rate' in our thinking which eventually leads us to a whole new way of living.

Key questions that need introspection by anyone attempting Six Sigma for the Soul™ are:

- Do you want a life of peace, health and prosperity?
- Have you ever wondered what keeps you from getting started on anything transformational__like a diet or exercise regimen, like an investment plan for a new home, like launching a new business, like looking for your dream job or simply finding a life partner of your choice?
- Have you zeroed in on your Comfort Zone and do you have a plan to break free from it?
- Consequentially, are transformational targets **missed or deprioritized** owing to 'Life As Usual' pressures without realizing that being peaceful, healthy and prosperous **is life**?

Six Sigma for the Soul™ is a one-day Workshop that will answer these questions and get individuals to internalize their importance and TRANSFORM. Even as this learning is achieved, the Workshop will provide an effective follow-through mechanism to ensure that this state is maintained and sustained: **at all times**.

Simply:

Step One: Wake up individuals to the meaning and purposefulness of the Six Sigma for the Soul™ approach

Step Two: Getting them to practice Six Sigma for the Soul™ approach

Step Three: Sustain the Awakened State at all times.

The Six Sigma for the Soul™ approach follows the universal premise that for all great things to happen in the world it must first begin within, in the mind. And if the mind must lead, it must be guided by a soul that knows what its purpose is and what it must do to achieve its purpose. The proposed outcome of the Workshop is for the participants to discover the purpose of their creation; and also to ensure that they are **happy and at peace** knowing the purpose and pursuing it. Getting them to awaken to this simple truth is what 'Six Sigma for the Soul™' is all about. Once each individual on a team recognizes the value in this

approach, the essence of 'winning together or perishing individually' will be understood and internalized.

A Note on AVIS' Methodology

AVIS' style of conducting Workshops is very unique and he tries to make his sessions radical and without precedent. In the Six Sigma for the Soul™ Workshop too he will employ his trademark story-telling and in-the-face approach.

Workshop Structure

The **Six Sigma for the Soul™** Workshop will have three modules:

Seek Within	How to be at peace with yourself and aim for superior quality thinking
The Road Map	How to discipline your mind and get it to shrink your thinking error rate.
Enjoying The Journey: Be a BONZER™	How to sustain this state and enjoy being so.

Note: **BONZER™** is Australian for a 'jolly good fellow'.

Keeping the flame burning: Participants at the Six Sigma For The Soul™ workshop



