

# Pandit Dasa

## Former Monk, Mindful Leadership Expert, and Author

Please contact a GDA agent for information.

### Topics

- Communication
- Leadership
- Mindfulness
- Resilience
- Stress Management
- Work-Life Balance
- Workplace Culture



### About Pandit Dasa

Pandit (Pronounced "Pundit") Dasa

Pandit Dasa is a keynote speaker on Workplace Culture, The Future of Work, Resilience, Mental Health and Mindfulness. He is an author and former monk who now speaks at many Fortune 500s and many of the world's largest organizations.

His speeches and workshops aim to create a more mindful workplace culture which improves retention, addresses the challenges of "quiet quitting" and increases productivity." He provides practical tips on how to maintain positive social connections with colleagues in a hybrid work environment.

He encourages leadership and co-workers to lead by example, prioritize self-care and appreciate the success and contributions of their colleagues. This attitude fosters trust, enhances collaboration and greatly impacts employee performance.

Pandit captures the audience's attention by sharing his journey on why he spent 15 years living as a monk in New York City and why he's no longer a monk.

Some of the organizations he has spoken to are: NASA, Google, London Stock Exchange, Citibank, IBM, State Farm, Federal Reserve Bank of Chicago, Nationwide Insurance, SAP, Bank of America, AMC Theatres, Intel, WeWork, Royal Bank of Canada, AMC Networks, Novartis, Comcast, TD Ameritrade, JPMorgan Chase, The World Bank, World Government Summit, SHRM National Convention, Oracle HCM Convention and many others.

### Select Keynotes

- **The Ripple Effect: Transforming Limiting Beliefs to Unlock Corporate Culture, Innovation, and Growth**

We will explore the powerful influence of limiting beliefs within corporate environments and how they can stifle culture, innovation, and overall growth. Attendees will gain insights into the limiting beliefs they may be carrying, how these beliefs manifest in the workplace, and the detrimental effects they can have on team dynamics and organizational culture.

The speech will highlight the critical role of leadership in challenging limiting beliefs and fostering an environment where openness and risk-taking are celebrated. By the end of the session, participants will be equipped with practical strategies to identify and overcome these beliefs within themselves and their teams, empowering them to cultivate a more innovative and resilient corporate culture. Get ready for a transformative journey that can unlock the full potential of your organization.

#### Outcomes:

1. Identify limiting beliefs that hinder trust, collaboration, and innovation.
2. Learn tools to overcome these beliefs and boost productivity.
3. Develop skills to strengthen relationships, teamwork, and synergy.
4. Cultivate a positive mindset towards change.
5. Apply mindfulness practices to conquer self-doubt and mental barriers.

- **Creating a Mindful and Positive Workplace Culture**

The growth and overall success of an organization is defined by its culture and leadership. A positive workplace culture enhances teamwork, collaboration and morale. As a result it boosts employee engagement, efficiency and retention.

This presentation will address the importance of creating an environment where ego battles aren't driving the company down and where individuals are willing to put aside their own self-interest for the sake of the greater good. It encourages an environment where individuals are willing to appreciate the contributions of their co-workers instead of feeling threatened by them. The research on mindfulness and its application for the workplace will also be presented.

**As a result of this keynote, the audience will be able to:**

1. Communicate with awareness, clarity and compassion
2. Manage their emotions to handle conflicts
3. Develop a positive mindset towards individuals they don't see eye-to-eye with
4. Express appreciation towards the work of their colleagues
5. Utilize mindfulness breathing and focusing techniques to lower stress and improve productivity

- **Mindful Leadership: Walking the Talk**

Leaders set the tone and mood for the rest of the organization. To fully inspire and bring out the best from the workforce, leadership has to lead by example and "walk the talk." They can't say one thing and do another. To attract, engage and retain top talent, leaders need to create more human and employee-centered workplace environments.

This talk will address the importance for leadership of all levels to not only set the right example, but also, on a regular basis, appreciate the contributions of their workforce, communicate mindfully to encourage and inspire, lead with humility and without ego and manage their emotions. The research on mindfulness and its application for the workplace will also be presented.

**After this keynote, participants will be able to:**

1. Improve their level of self-awareness
2. Communicate mindfully and with compassion
3. Lead with confidence combined with humility
4. Better manage their emotions to remain calm during challenging situations
5. Implement mindfulness techniques to reduce stress and improve focus and productivity

- **Thriving Through Change: Mastering Stress Management, Resilience, and Work-Life Balance**

This program is perfect for:

- ◊ All levels of leadership
- ◊ General workforce

Change breaks us out of our comfort zone and disrupts our routine making us feel uncomfortable. The right attitude towards changes in the workplace can help build resilience. Even though change is the most powerful thing that can happen to us, it can cause stress and anxiety and thus impact our performance and productivity.

Workplace stress is costing businesses over \$300 billions dollars and is leading to absenteeism, turnover and increased healthcare costs. This talk will provide practice tips on how attendees can deal with change, improve their mental well-being and implement mindfulness techniques to reduce stress, anxiety, and enhance employee productivity.

**The audience will leave with:**

- ◊ Importance of Positive Relationships
- ◊ The myth of multitasking
- ◊ Healthy Eating
- ◊ Unplugged Sleep
- ◊ Regular Exercise
- ◊ Maintaining a Personal Hobby

This talk will present the scientific research on Mindfulness and how it can be used by organizations to create a more positive work environment. Participants will also learn mindfulness breathing and focusing techniques that can be used at work and at home.

## Select Book Titles

- **2023:** Mindfulness for the Wandering Mind

- **2013:** Urban Monk: Exploring Karma, Consciousness and the Divine

## Select Articles

- [Finding Mindfulness At Work And Beyond](#)

Forbes magazine 3/2/22

- [Mindfulness and Resilience for Managing Change and uncertainty](#)

The COVID-19 pandemic has dramatically changed our lives almost overnight. Our routines have been disrupted and the way we interact with each other, when face-to-face, is with tremendous care and caution. We are faced with the challenge of working from home while juggling all the distractions that come from life at home. Balancing the needs of family members, sometimes young kids, while meeting the demands of work is something very new for many and these adjustments are increasing our stress and anxiety levels.

- [Techniques for Reducing Stress and Anxiety During the Workday](#)

Let's begin by making sure our eyes are closed and then take a slow, deep breath, filling our lungs completely, visualizing their expansion and feeling the chest broaden. Once the lungs are filled, slowly exhale, completely emptying out the lungs. Take another five to ten breaths in the same way and try your best to stay focused on the breath going in and out of your lungs. This is not only helping us stay in the present moment, but it's allowing the lungs to take in slightly more breath each time.

- [Creating a Positive and Mindful Workplace Culture](#)

What does it mean to have a mindful culture in the workplace? It can mean many things but the central component is that employees feel like they're respected, cared for and that their opinion is valued. A paycheck is good but it's not always enough. Here are some key aspects to cultivate and develop a positive workplace environment where employees feel secure and want to go above and beyond the call of duty.

## Select Testimonials

Recently we were offered the opportunity to have Pandit come to our Cadillac HQ in Soho and lead our group through a 30 minute (invaluable introduction) to meditation. At the end of the session the group was in agreement; Pandit guided us through a relaxing and ultimately restorative meditation. In fact, we didn't want it to be over! Thank you again Pandit - hope to have you back again soon!

— *Cadillac*

Pandit addressed some of the science first... He did an excellent job sharing information and techniques to reduce stress and become happier and more productive both personally and professionally.

— *Citibank*

Pandit was an engaging and interesting speaker with an extremely timely and relevant topic for today's workplace. We particularly enjoyed the exercise he did, he had everyone in a large room practicing mindfulness!

— *Comcast*

Pandit is a very engaging speaker and has provided three sessions on mindfulness to DTCC for the Total Rewards team, our global managing director population, and our U.S. employees. In addition to providing a guided mindfulness meditation, Pandit spoke about his unique background, how mindfulness ties in with one's overall wellbeing, and the benefits mindfulness can bring to one's everyday life, including experiences in the workplace. Our employees have provided positive feedback on these sessions, and we are excited to keep working with Pandit as we continue to prioritize our employees' wellbeing through our benefits offerings.

— *Depository Trust and Clearing Corporation*

Pandit was very personable and charismatic...he kept his energy high, bringing the audience with him.

— *Google*

I have been to other stress management presentations...but this was arguably the best. Pandit is a very dynamic speaker. His presentation was very eye-opening and engaging. I felt relaxed and recharged...

– *JPMorgan Chase*

I recently had the pleasure of working with Pandit for Employee Appreciation Week. Pandit treated our employees to a delightful session to understand the importance of giving and receiving appreciation, as it pertains to our 'emotional' and 'social' health with great tips on how to give appreciation effectively. We ended with a relaxing guided meditation and insightful Q&A. This was such a powerful and engaging session. Many of our people commented on how nice it was to be able to take a quick emotional health break in the middle of their work day and they left feeling rejuvenated and ready to take on the day (plus give some extra appreciation to their colleagues)!

– *Kellogg*

I had enjoyed an engaging presentation during safety days in the organization I work for. Pandit did an amazing job not only providing valuable information on mindfulness to a company of engineers, he kept attention and engagement within virtual environment. Grateful and delighted.

– *NASA*

He was amazing! I think it would be a great benefit to have him back more often. The session really lowered my stress level. Thank you for bringing him in.

– *Novartis*

I first met Pandit when he came to speak at the Royal Bank of Canada offices in Manhattan. He immediately captured everyone's attention by sharing how he lived as monk for 15 years in New York and now post-monk life, he speaks to corporations on the science and practices of mindfulness. His talk was personable, humorous and research based. His content on how mindfulness and meditation could lower stress and boost productivity was extremely relevant and practical for me and my colleagues who work on the trading floor. We loved his talk so much that we've had him back for an additional two sessions. During his most recent visit, Pandit's content was geared towards our leaders and Managing Directors. His messages on leading by example, appreciating your co-workers, managing emotions, communicating with compassion and leading with humility really resonated with our leadership. We have benefited tremendously by these presentations and look forward to an on-going partnership with Pandit.

– *Royal Bank of Canada*

I would like to take this opportunity to recommend with great enthusiasm Pandit Dasa for speaking engagements related to mindful leadership. I had the distinct pleasure of working with Pandit during the Arkansas Society for Human Resource Management Conference 2017. As a keynote speaker at the event, he provided insightful, expert leadership content which was extremely well received. Pandit has lived as the "Urban Monk" (thus the title of his book). I am impressed by his genuine desire to change lives in a positive manner. His delivery is strong and heartfelt, and it is apparent that he lives what he teaches. His positive personal brand will influence his audience.

– *SHRM*

Pandit Dasa was a refreshing change in pace at The World Bank Group's HR conference. He addressed the HR community and gave a practical talk on "Becoming the Change You Wish to See" where he encouraged the audience to reflect on their motivations for leading, to communicate with compassion and appreciate and celebrate each others' success. The consensus was that Pandit's message could benefit the other divisions within The World Bank Group. We were thrilled to partner with him for a second time and look forward to introducing him and his message to the broader World Bank community in the future.

– *The World Bank*

Pandit is someone who lives what he teaches and that really comes through in his genuine style and approach. I would highly recommend him as a speaker and advisor to other non-profits and companies.

– *UNICEF*