



We are entering a new renaissance where a “well-formed mind” could be totally devoid of all the information but can reach the peak of creativity. It will act out of the demand of this present moment.



www.abhyas.mu



Institute of Universal Awareness

Abhyas Institute of Universal Awareness is an institution approved by the Mauritius Qualifications Authority (MQA), the government organisation responsible for setting educational standards and accreditation qualifications in Mauritius. All instructors at Abhyas are MQA approved.

Based at the La Laura Centre, the Abhyas Institute of Universal Awareness serves as a **research hub for mental health and well-being**. It focuses on the physiological, psychological, emotional, and social factors that contribute to an individual's overall mental health.

By studying lifestyle choices, work environments, and social conditions that impact mental health, Abhyas aims to identify effective interventions and develop modules that promote emotional balance, reduce mental health disorders, and enhance overall quality of life.

Abhyas as Knowledge Partner to Workplaces

Abhyas Institute of Universal Awareness serves as a trusted knowledge partner, providing transformative Train the Trainer (TTT) programs tailored for well-being professionals and enthusiasts. These courses empower participants with practical, experience-based tools to address challenges in corporate and community settings.

Key focus areas include conscious leadership, emotional well-being, conflict resolution, and Employee Assistance Programs (EAP), fostering personal growth and equipping individuals to make meaningful impacts in their spheres of influence.

[Explore](#)

Need for trained professionals and expanded resources

The WHO's latest Mental Health Atlas analysis confirms that progress towards accessible mental health care has been slow. New demands for mental health services are now placing even greater strain on already overstretched health systems worldwide.

As such, the need for comprehensive transformation in mental health care is undeniable and urgent. Every country, regardless of resource constraints, has an opportunity to take substantial steps to support change in mental health care access, as there is a growing need for trained professionals and expanded resources.



Corporate Train the Trainer Course

Through a combination of pragmatic learning and practical application, participants are trained to:

- Conduct workshops and training sessions on mental well-being.
- Facilitate one-on-one coaching and group discussions.
- Implement evidence-based interventions for managing stress, conflict, and lifestyle disorders.
- Foster emotional intelligence and conscious leadership in both personal and professional environments.

The program is open to individuals passionate about mental health, including educators, managers, wellness coaches, and aspiring trainers.

Sign-Up



Sign up via E-Form to share your details and aspirations for the Corporate Train the Trainer course before it begins. Afterward, you'll receive a notification for a brief 'connect with your trainer', who will guide you through the next steps of your journey.

[Sign-Up via E-Form](#)

Connect with Your Trainer



Connect with one of Abhyas' lead instructors to discuss your journey of evolution. Once you begin, your schedule and timings will be set, and you'll be ready to move to the final stage for confirmation.

Confirm Your Training



After confirming your participation by completing the payment process, you'll receive details such as the course curriculum and outline, lodging and accommodations, and a quick 'connect with the current TTT batch'. Your journey with Abhyas begins!

Designed to address corporate and business challenges, the TTT course focuses on key areas:

- Conscious Leadership and Decision-Making
- Emotional Well-Being and Self-Governance
- Time, Resource and Talent Management
- Emotional Intelligence and Conflict Management
- Employee Assistance Program (EAP)



Through my experience with Abhyas, I discovered deeper dimension practices—one that works not only on the body but on the inner mechanisms that lead to a more meaningful life. This shift transformed my lifestyle completely—my diet became healthier, I developed a sense of discipline I had never known, and I began living more consciously. It all culminated in a profound, positive impact on my mood and emotions, helping me build resilience in the challenges around me. Abhyas has guided me toward a better, more fulfilling life, and for that, I am truly grateful.

Kanusha, Student (TTT)

Contents

About the Course

This comprehensive course is designed to develop trainers who can effectively facilitate sessions in classroom or group settings. It provides participants with the knowledge and skills required to implement pragmatic theories and holistic practices while maintaining composure and an open-minded approach. The program also includes study materials, self-study assignments, and opportunities for practice and demonstration.

Format:

In-person sessions with guided instruction, interactive workshops, and personal reflection exercises.

Duration:

Intensive: 6 weeks daily, 4 hours a day*

Weekend: 6 months over Saturday and Sunday, 7 hours a day

Type:

Course fees:

35,000 MUR

*scholarship is available for eligible applicants

Module 1: Understanding Human Inner Mechanism

Session 1: Introduction to Self-Awareness module

Session 2: Inner Mechanics

Session 3: Lifestyle and Principles

Session 4: Body-Mind Attunement

Session 5: Practical Tools

Session 6: Workplace Self-Awareness Course Pragmatic Theory

Session 7: Understanding the Communication Process and Deep Listening Skills

Module 2: Emotions, Thoughts and Behaviour

Session 1: Introduction to Emotional Well-being

Session 2: Establishing Inner Mechanics

Session 3: Lifestyle and Principles

Session 4: Body-Mind Attunement

Session 5: Practical Tools

Session 6: Workplace Self-Awareness Course Pragmatic Theory

Session 7: Maintaining Composure for Overcoming Communication Barriers

Module 3: Resolving Inner Conflict

Session 1: Introduction to Conflict Management

Session 2: Mechanics of Discernment

Session 3: Lifestyle and Principles

Session 4: Body-Mind Attunement

Session 5: Practical Tools

Session 6: Workplace Self-Awareness Course Pragmatic Theory

Session 7: Fostering a Collaborative and Inclusive Approach

Format:

In-person sessions with guided instruction, interactive workshops, and personal reflection exercises.

Duration:

Intensive: 6 weeks daily, 4 hours a day*

Weekend: 6 months over Saturday and Sunday, 7 hours a day

Type:

Face-to-face

Course fees:

35,000 MUR

*scholarship is available for eligible applicants

Module 4: Optimising the 'Self'

Session 1: Introduction to Maximising Time and Potential

Session 2: Empowering Through Awareness

Session 3: Lifestyle and Principles

Session 4: Body-Mind Attunement

Session 5: Practical Tools

Session 6: Emotional Well-being Course Pragmatic Theory

Session 7: Managing session in unforeseen circumstances

Module 5: Operating from Presence

Session 1: Introduction to Managing Resources/Talent and Adapting to Change

Session 2: Knowing the 'Self' better

Session 3: Lifestyle and Principles

Session 4: Body-Mind Attunement

Session 5: Practical Tools

Session 6: Emotional Well-being Course Pragmatic Theory

Session 7: Facilitation and Stages of Group Development

Module 6: Actualisation of Pragmatic Theory

Session 1: Introduction to Conscious Leadership

Session 2: Becoming Conscious of How'

Session 3: Lifestyle and Principles

Session 4: Body-Mind Attunement

Session 5: Practical Tools

Session 6: Emotional Well-being Course Pragmatic Theory

Session 7: Involvement in the Process and Detachment from the outcome

Conscious Leadership

Social Responsibility

Shaping Harmonious Society Together

At Abhyas, we believe that transformation begins when individuals come together to share, learn, and grow. Our journey is driven by a vision of fostering a more aware, balanced, and harmonious society where well-being is a collective endeavor.

Join us in this mission to make a difference—one step, one interaction, and one conscious action at a time. Together, we can create a ripple effect of positive change, break barriers, and nurture a culture of understanding, mindfulness, and inclusivity.

Whether you're a seeker, an advocate, or simply curious, there's a place for you in this movement. Let's resonate, evolve, and shape a brighter future together.

Be the light that you seek in the world.

[Join Abhyas](#)

“

“All transformations have one thing in common: the turnaround in the 'perspective' on what all they have been through.”

Naamdeo

