**My Current Work**

Several years ago, after I had developed the basic model of our program and conducted the first few studies, someone asked me this question, “What aspects of life does your program improve?” My honest answer was — everything. After all, what part of our life isn’t affected by our brain, and why wouldn’t knowing how your brain works and how to get more mileage from the brain, help everything?

But I soon realized that such a generic answer only brings out eye rolls. Further, it is a good idea to focus, since every demographic, industry type, city, or country has its unique challenges. Hence the need to focus. While below I mention the eight different groups I am focusing on, this is my no means complete. I am interested in connecting with and hopefully helping any person, team, or organization that is struggling, anywhere on the globe.

**Professional Burnout** — Currently almost 50 percent of professionals in most industries are experiencing burnout, a number that will likely increase, but absolutely doesn’t have to be this high.

**Executive Resilience** — An average executive received three communications in a day in 1970s and 1980s. That number now runs between 300 to 1000. Our cognitive and emotional overload isn’t getting lower any time soon. Enhancing resilience isn’t optional at this time. It is an absolute necessity for us to survive and thrive.

**Teacher Wellbeing** — One of the most important professionals for any country are its teachers. Currently this group of dedicated individuals are experiencing a high level of burnout and low engagement. Investing in teachers today is investing in the future of our country.

**Student Wellbeing** — Teenagers and university students of today are as stressed as grownups. Further, they aren’t aware of the toxic effect of stress on their brain. Teenage suicide and drug use are at multi-decade high. I can’t think of a more important demographic group to help.

**Patient Stress** — Pick the index of any medical book. Every single diagnosis is made worse by excessive stress. According to a widely quoted estimate, about 90% of the clinic visits are stress related. In my experience, this may not be too far from the truth. I believe every single patient should be offered stress management and resilience training as part of their clinical encounter.

**Caregiver Stress** — Caregivers struggle with constant state of demand resource imbalance, lack of control and lack of meaning. Often, caregivers experience more emotional load than the person they are caring for. This stress can eventually impact caregiver wellbeing. Hence the need for helping caregivers with resilience and mindfulness approaches.

**Individual Wellbeing** — We aren’t thriving. Suicide rates for most demographics is at a multi-decade high. Opiate use, prevalence of pain, distrust in each other, perceived discrimination, loneliness — all of these are at or near all-time high. None of this has to be this dismal, given the phenomenal improvement in our technology and our understanding of how our brain operates.

If you are experiencing a lot of negative emotions, stress management and resilience training can help decrease your negative emotions. However, if you aren’t experiencing negative emotions, then you can
focus on experiencing more positive emotions and being better prepared for future challenges. There is thus something for everybody.

*Train-the-trainer* – The Transform course offers a professional enhancement program for people who already have an existing platform to start teaching our SMART program. In our experience, learners who have fully engaged with the Transform course, have a teaching experience and an existing platform, have done well. That’s the reason, we presently haven’t expanded our offerings to a certification program, which will entail a much more rigorous, time and resource intensive curriculum.

In addition to the above groups, to a limited extent, we are also working with the military, underprivileged youth, parents, couples going through difficulties, and families seeking help to foster better understanding among its members.

Please contact us if you have a question or are interested in learning more about our programs.