

# 'Be alive in the moment'

**TEDx SPEAKER**  
Host  
Live The  
Moment Coach  
Entrepreneur  
Storyteller

**AMIT KASLIWAL**

Life transformation guru, TEDx speaker, mentor & leadership coach Amit Kasliwal talks about the philosophy of his work, his journey and shares 'Leadership during Lockdown'.  
The 7-step framework strives to help individuals transform themselves, stay energized, be productive and become a better version of themselves!

## Amit Kasliwal Talks To Varun Das

### Please share your background, education and career graph

I am a host, storyteller, business leader and live the moment coach and alumni of INSEAD. With visits to over 60 campuses, my keynotes, coaching and mentoring have assisted over 250,000 lives. I have worked with top companies before living my dream of communicating with people and have spent several years, travelling across the country and world. I have interacted with thousands of youth, business partners, corporate heads, executives, entrepreneurs and monks.

### Your thoughts on the importance of leadership skills to this challenging time

The present time is testing people's inner power and we can view it as a hurdle race. Let's go for the race. Use your inner power right away. Don't waste time thinking about hurdles. Start investing your precious time in acceptance of hardships and preparing yourself! This is true leadership. Reach out to a mentor, coaches, people who believe in you for preparation. One thing I have imbibed in these years - don't ignore your feelings. If you have a disempowering feeling enveloping you, reach out for help. I have created seven daily habits to live a spirited life in current times. People can view these on my social media.

### Please talk about your journey, inspiration and struggles.

Most working professionals stumble along in their careers without uncovering their true potential, passions, and their purpose in life. Growing up in Gwalior, I like every regular student walked along the beaten path and signed up for an MBA after college. This was followed by a job with a top media company, followed by Hero Moto Corp and then a dream opportunity with Ford India as Regional Marketing Manager. By then, I was married. A job with an MNC a beautiful wife, what more could a man ask for? And then the 2008 financial crisis struck. Along with the thousands of job losses across the world, my regional marketing position was hacked, and I was given the role of an analyst. While I could take solace in the fact that I was still employed, the role did not hold long-term career prospects. This phase was followed by several unsuccessful job hunts. But soon I managed to get over the negative feelings and started focusing on work. Diligent efforts and rebuilding my career, one step at a time resulted made me take over as the role of India Head, Corporate Sales, Ford. As they say, 'once bitten, twice shy' I had learnt my lessons from being made redundant in 2008, so I was wary of resting on my laurels, instead, I signed up for a course at INSEAD. This course was life-altering. The experience of learning and attending classes across India, Singapore and France opened my mind to new perspectives. Meeting INSEAD alumni, business leaders, and entrepreneurs taught me that only one's imagination limits one's possibilities.

I enthusiastically thrust myself into organizing alumni meetings, hosting networking breakfast

meets for INSEAD classmates and alumni. Organizing these opportunities for others opened new vistas for me as well. I found several mentors among these business leaders. With new experiences from my interactions I developed life-changing habits, learnt to live in the moment, and felt more empowered and positive. I continued this journey of self-discovery and met with Jain monks to learn some more. Very soon, both my professional and personal life spheres were transformed and there was a new meaning to my life.

And this was my light bulb moment. How can I share my learning with the multitude of professionals and students who grapple with similar professional and personal challenges I struggled with? Sudden disruptors like the 2008 crisis are likely to occur in everyone's professional career. How can I help professionals overcome disappointments in their careers? Help them bounce back, a lot quicker than I did. This introspection set me off on a journey of creating frameworks like the Infinity Chakra, Purpose Chakra, Mind Chakra, Moment Chakra, Imagination Chakra, and AURA for human transformation. And then I started speaking about these in colleges and sharing my experiences with a few corporates. This led to more speaking and mentoring invitations from TEDx, prestigious universities, and Fortune 500 companies.

"Two roads diverged in a wood, and I—I took the one less travelled by, and that has made all the difference."

It was indeed my own imagination that was limiting my possibilities.

### Your view on the importance and need for leadership coaching and life transformation

We live in a golden age with near equal opportunities. There is abundance for everyone. Even with that, only 5% individuals achieve their fullest potential. 95% get broke at different ages of life in different aspects of life like health, finance, relationship, business, job etc. The reason is simple, as we attain adulthood, our ability to learn new things diminishes and we are confined in a pattern of our own thinking, assumptions, beliefs and definitions.

For most people, their academic and natural talent only helps them advance to a certain level in their careers, but very soon, most professionals are stuck in a rut. They continue in their dreary jobs for years, frustrated, without growing in their organizations or they switch jobs and end up in a similar situation couple of years later.

It is here that the role of a coach assumes importance. He/she can assist you in leading a responsible life and can make you discover your true potential and transform your life.

### Who is your target audience? What is the process of your work?

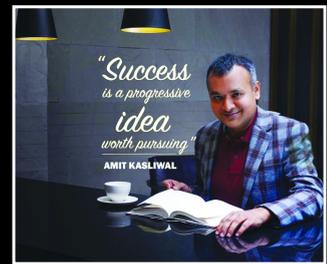
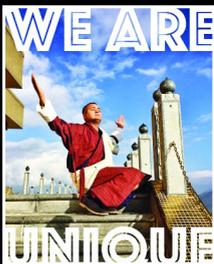
I assist individuals aspiring for self-discovery or an organization in search of a keynote speaker. My love for people, speaking, mentoring and coaching have landed me on stages at TEDx, American Express, Siemens, WPP, Fluor, Panasonic, Kotak Life Insurance, Aditya Birla, Taj Hotels and RIL.

After spending thousands of hours with monks and researched top business leaders, I have developed the frameworks and pedagogy for self-development which I call 'Infinity Chakra'. I publish my content on social media and both individuals and organizations reach out to me. These days, I am working on online courses, creating formats for community engagement and these will be available soon.

### Some tips for us.

My core belief is that only by transforming oneself can one transform teams and businesses. Work on self-transformation by utilizing your mornings to prepare your mind and heart. Get yourself ready to live and execute your life's imagination. Writing has power. Use your writing to awaken people. Show them the way to discover their strengths. Acknowledge people who are positively contributing to improving life. And my favourite - 'Be alive in the moment'. Seek more meaning from your life; transform yourself to discover your limitless potential. And I can help you along; do reach out to me on [www.amitkasliwal.in](http://www.amitkasliwal.in)

## PHOTO GALLERY



## IN ADVERSITY, 7 DAILY HABITS TO KEEP YOU ENERGIZED

**A**n old Nigerian proverb says, in the moment of crisis, the wise build bridges and the foolish build dams. In the current crisis, we can either retreat into a shell - build our own dam - or we can build bridges by training our minds and improving our leadership skills. Post the nationwide lockdown, I developed the highly acclaimed 'Leadership during lockdown' - a 7-step framework to help individuals transform themselves, stay energized, be productive and become a better version of themselves. Over the past several weeks hundreds of business leaders benefited from my 'Leadership During Lockdown' webinars and online consultation sessions. To help many more business leaders transform themselves, I am sharing my 7-step framework in this article.

- 1. Train Your Mind:** Your mind is your greatest power and you can train it to achieve your life's goals. There is a science to implanting positive thoughts and to prepare for a highly productive day. Through techniques of reflection, visualizing your day and relationships, filling your mind with positive thoughts and imagination you can achieve your goals.
- 2. Train Your Body:** Just 30 minutes of daily exercise has the power to activate your body and mind. All forms of exercise have the power to remove negativity from your mind, boost energy levels and leave you feeling fresh and energetic. And the bonus, when you feel positive and energized, you will pass it on to your family members, colleagues and anyone you connect with during the day.

- 3. News not nuisance:** What you read, see or listen to impacts your thoughts and can make you feel empowered or leave you filled with anxiety. While you cannot control what's being shared 24x7 by TV news channels and on the internet, you can control what you watch or read. It is best to read a trusted newspaper or watch a trusted news channel. Don't waste time flipping through multiple TV news channels - you don't need any of the speculations or the drama, all you need is to stay updated with the latest developments and government advisories.
- 4. Invest in your home office:** With working from home likely to continue for some time, invest in your home office. Identify a dedicated space for you to work, invest in a desk and comfortable seating. You need to create energy in your work space so, feel

- free to personalize your desk and decorate it. Place a small family photo, of a vacation taken together or some other happy occasion. These simple things have the power to inspire your work moments.
- 5. Socially Distanced But Still Connected:** Social distancing does not mean that we disconnect ourselves from our loved ones, friends and colleagues. Use the power of technology to stay connected, do video calls, do family meetings over Zoom, call on Skype or WhatsApp. Words have the power to create energy; talk positively, laugh and stay happy.
- 6. Use this time to 'Unpack':** This is the opportunity to reflect and review your current business processes, update and clean up your customer database, stop old projects that don't add value, and re-

- view redundant business practices. As you do that for your business, do the same for your personal life too. Unpack and lighten your burden.
  - 7. Family matters:** You always wanted to spend quality time with your family, so now you can. Whip up a cup of Dalgona coffee and surprise your partner or enjoy movie nights with popcorn with your children or play antakshari over family Zoom calls. Spend time with your family and energize your relationships; you will probably never get such an opportunity again.
- Build your bridges with this 7-step framework and you will find yourself energized, revitalized and a better version of yourself. To know more and learn these techniques visit [www.amitkasliwal.in](http://www.amitkasliwal.in) or follow Amit Kasliwal on Instagram, Twitter and Facebook.*