

About the TLEX Program...



TLEX PROGRAM
FOR PROFESSIONAL EXCELLENCE

enhances energy, clarity of mind and creativity to advance individuals, while fostering strong collaboration and team dynamics with a commitment to excellence, to lay the foundation for organizational success

Inspiring Individuals - Transforming Organizations

Enhanced 'personal excellence & skills' across the employee base drives sustainable organizational growth and impact



Organizational Goals

Excellence

Personal Skills



Focused & Energized

- Simple stretches and yoga to relax the body
- Rhythmic power breathing to energize the body and calm the mind
- Take home techniques to sustain & recharge



Creative & Innovative

- Meditation practices to foster clarity of mind
- Breathing techniques to tap into intuition and nurture creative thought process
- Processes to drive greater self awareness



Authentic & Collaborative

- Team-building exercises to improve connectedness and collaboration
- Modules to help build trust and excel at different types of communication



Inspired & Committed

- Experiential leadership module that attends to the 'inner dimension', helping drive commitment, change
- Visioning exercises to inspire dynamic action and drive sustainable impact, transformation

Professional Skills

TLEX works with a wide range of clients helping them address their unique challenges



What people are saying

“This was the best intervention we ever had in the last 10 years! It truly inspired the individuals and brought a transformation towards more responsibility and commitment in the organization.”

Hans Martin Schempp, President, Schempp Group

“An extraordinary experience, which allows you to improve yourself and to step back and take decisions clearly.”

Marketing Manager, General Electric

“This has been an amazing experience. It will definitely have an impact on how I am going to live the rest of my life. I see a lot of positive change in the people around after doing this program.”

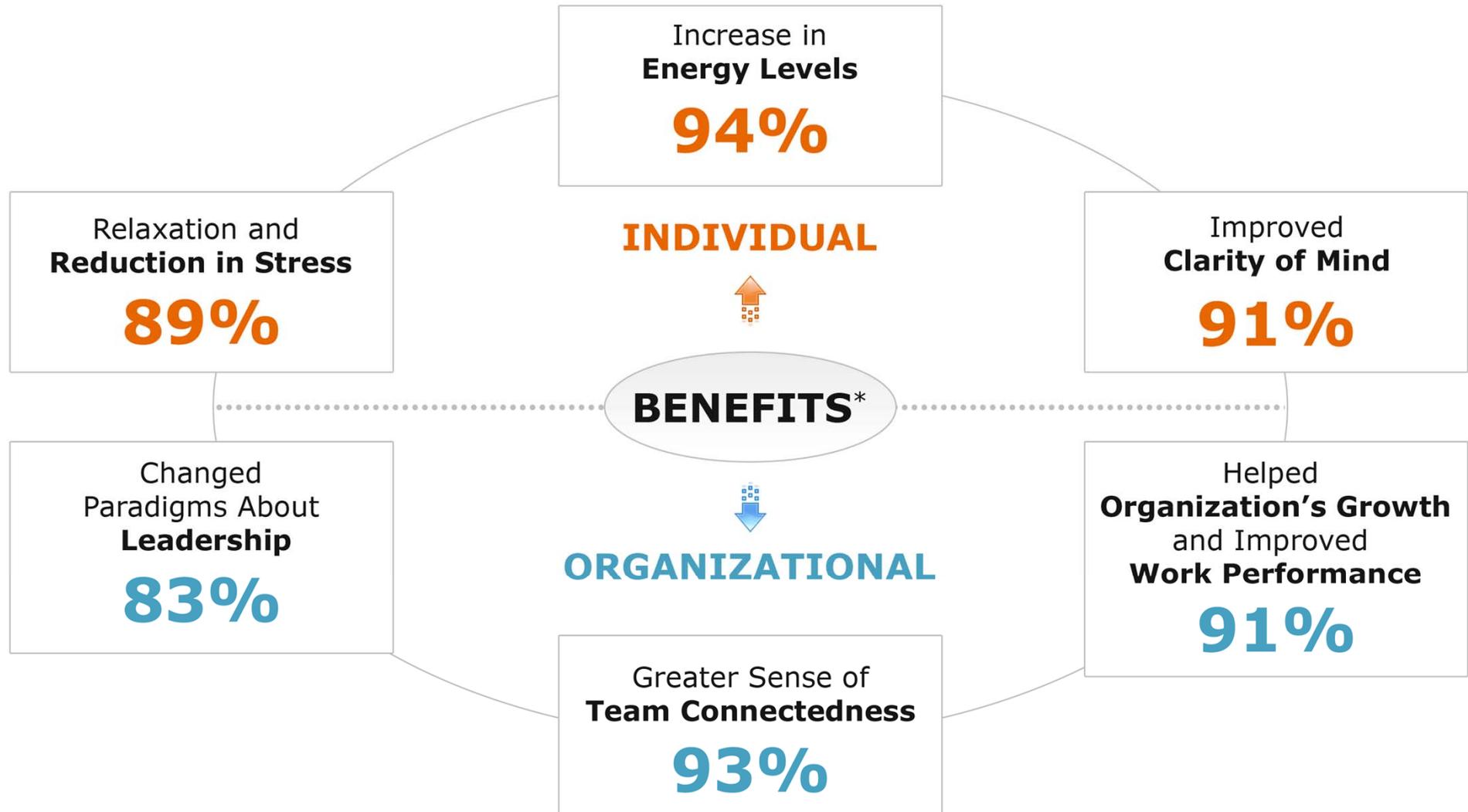
Maribal Ariasa, Director, HR Maersk International

Representative Client List

30,000 individual alumni



TLEX benefits extend to individuals and the organization we work with



* : & of participants agree and/or strongly agree

* TLEX survey of more than 30 sample companies