

FINDING THE GURU WITHIN



SOLUTIONS FOR EMPOWERED LIVING

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Ba, LL.B

*Professional
Services
Catalogue*



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- Look Good, Feel Great •
- Sailing through Conflict •
- Getting Ahead through the Heart •
- Manage your Energy, Not Your Stress •
- Relax and Renew through Meditation •
- 4 Cornerstones of Successful Relationships •
- Business of Building Successful Relationships •

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Our Vision

To create empowerment through accountability.

Our Mission

To support individuals and organizations expand their self-awareness, transform their thinking, and align their intentions-actions-goals to create positive desired outcomes.

Our Philosophy

BOTH Success and Fulfillment require that we invest in our personal and professional self-development and growth, lest we reach our destination filled with regrets. When our 'Being is in sync with our 'Doing, we align our Passion, Purpose and Power, which brings context and meaning to our lives.

By challenging our mindset, we create a pathway for growth and fulfillment. Outdated thoughts and patterns of thinking are like old programs which, unless challenged and replaced with new ones, compromise and handicap our ability to succeed. We take our power back by learning how to find solutions to challenging issues from within ourselves.

The Result is that we become Empowered. We are happier, more positive and productive. We become more considerate, inclusive, accepting and appreciative in all of our undertakings. We become better leaders, teammates and overall, just better human beings!

Our Program Offerings

Book Taron for a Keynote, Seminar and Retreat leader, or Personal Mentor. Taron inspires positive change by providing practical and transformative insights and 'how to's' regarding how to live life from the driver's seat.

Sample programs are provided for your review. These can also be customized for your specific requirements.

Connect with Taron for an audit of your personal and professional challenges and what solutions are available for you!

Keynote Presentation

Finding the Guru Within – ‘Taking The Journey Without Distance’

All of our solutions for empowered living are ‘within’ us. When we recognize that we come preprogrammed with solutions to all of life’s challenges, we can connect with our inner guidance and wisdom to grow and prosper.

Access your source of success and fulfillment by turning inwards and embarking on your own personal ‘journey without distance’!

In this deeply thought provoking, insightful and inspiring presentation, Taron speaks to the power of:

- Building Self-Awareness
- Living life from the ‘inside-out’
- Connecting with & activating our Inner ‘GPS’
- Aligning with our passion, purpose and power to enjoy both success and fulfillment





The 4 Cornerstones of Successful Relationships

The success of every interaction depends on the quality and depth of the relationships established. Are you a powerful relationship builder? How would you like to build on your current skills and create stronger, better foundations? Learn the 4 Key Cornerstones of every successful relationship and get on the road to success and fulfillment.

Discover

- The 4 Cornerstones of every successful relationship
- How to reframe negative situations into positive ones
- How to become more Self-Aware and take accountability for how you relate to others
- Insights into creating powerful, enduring relationships

Benefits

- Enjoy more clarity, connection and happiness in all your interactions
- Decreased conflict due to more effective Communication ability
- Deeper, more meaningful relationships

Your Thoughts

"I was very happy with the session and your coaching. I had immediate results with relationships and all in the same week---I spoke up and took a authentic stand for myself---to drop pretending and speak straight from ME and MY HEART and be able to back myself up as me...thank you again for your vision, your commitment and for who you ARE in this life and world----you do make a extraordinary difference!!!"



The Business of Building Successful Relationships

Successful businesses understand the value of building and sustaining authentic, long-term relationships with their clients, as well as amongst their employees. From Sales to Customer Service, learn how you can take your business from good to great through effective relationship building!

Discover

- The 4 Cornerstones of every successful relationship
- How it is more about "who you are" versus "what you do"
- Specific Strategies for how to decrease workplace negativity

Benefits

- More productive and profitable results
- Better Employee Morale
- Improved Awareness of how your own behavior impacts the relationships at work

Your Thoughts

"Thanks Taron for your ability to shed light on complex issues and helping me to create my dreams. Your message is from the heart and the moments of inspiration have helped me to transform my life. The insights and support that you provided have moved me into the 'driver's seat' of my own life and I am now living the life I had always wished for!"



Sailing through Conflict

If conflict in your life is getting you frustrated and costing you in lost productivity, morale or loyalty, then you need to hear Taron's highly effective approach to reframing conflict into an opportunity for growth.

Although conflict is a given, it does not have to be a negative! At the root of every conflict is a need that is not being met. Once you learn how to develop your awareness around the need, you can be well on your way to minimizing its negative impact on you and your clients.

Discover

- 4 Powerful Insights about effectively dealing with Conflict
- Specific strategies about how to reframe your thinking and create a winning attitude
- How to stop your mind from keeping you in conflict

Benefits

- Upon learning how to identify the root causes of a conflict, you become aware and empowered to change your approach to situations which are causes of conflict.
- Essentially, you learn both how to pro-actively avoid conflict, as well as learn from it when it does happen.

Your Thoughts

"Taron, let me say a huge thank you for your inspirational, informative presentation on Saturday that so very obviously came from your heart and touched ours. You have a wonderful unique style that combines your wacky sense of humor, your extensive knowledge in the field of energetics and your professional stage presence.....and that voice!!!! The tiny bit of musical 'voice' you teased us left us wanting more."

(Linda Maul, Corporate Source Inc.)



Manage your Energy, Not Your Stress!

If Stress Management worked, why are we still stressed? Instead, learn how to neutralize the negative effects of stress through Energy Management, an innovative and effective strategy which goes to the 'Core' of decreasing the impact of stress in our lives.

Too often, we deal with only symptoms and wonder why we do not achieve enduring results. If you allow Stress to get the best of you, then get the best of you back by learning how to work with your own life force to achieve optimum health and wellness at every level of your being.

Discover

- What is Energy and how it works
- How to negate the effects of Stress through Energy Management tools and techniques
- What are the 3 types of Management styles and which one is the most effective
- How to harness the power of your mind to change negative patterns into positive patterns and create a sense of overall wellness

Benefits

- Increased levels of personal energy and vitality
- Effective Handling of Stressful situations
- Improved clarity, focus and performance
- Enhanced feelings of personal empowerment

Your Thoughts

Mr. Puri . . . I just wanted to comment that your "talk" was the best we have ever had at BLG. You truly have a gift to get your message across using humour and straight talk. The conversation around the water cooler later confirmed my thoughts - everyone enjoyed your speaking immensely and they were able to relate and can use, if not all, at least some of what you communicated. Thank you so much for taking the time to come to our firm (even though it created "conflict" in your life!). We really appreciated it. (**Connie Magnusson BLG, Calgary**)



Look Good, Feel Great.

Stress is a fact of life and isn't going away anytime soon! Rather than trying to control it, understand how it affects you at every level and learn how to reduce its harmful effects on you through the use of simple yet effective tools and techniques which deliver results and leave you looking, and feeling, great!

Discover

- The physiology of stress and how you can offset its harmful effects
- What you need to do, physically, mentally & emotional, to stay stress free
- How to naturally release headaches, reduce jet lag, get deeper and more restful sleep, and restore lagging energy levels

Benefits

- Increased levels of personal energy and vitality
- Effective Handling of Stressful situations
- Improved clarity, focus and performance
- Enhanced feelings of personal empowerment

Your Thoughts

Thank you Taron for your meditation session at the convention. Instead of feeling overwhelmed and tired after a few days of intense data input, I was relaxed and full of energy. I hope you will be part of the program in Toronto.
Stephanie Simard B.A (Education), B.A.A., CPIM www.generationy.ca



Getting Ahead through the Heart

The head is holding the heart hostage as increasingly, our world becomes more heartless and headstrong! This imbalance results in increasing amounts of stress and negativity both in the workplace and at home. We have forgotten the power of the heart's wisdom through which we can once again become balanced and integrated while enjoying added success, deeper joy and ultimate freedom in our lives. Come learn the surprisingly simple insights which can take your quality of life from good, to great!

You Will Learn

- About the Heart-Head-Body Trinity
- How to decrease stress levels and negativity through the Heart's Wisdom
- Specific awareness's which contrast qualities of the head with those of the heart
- By taking an assessment, if you are actually heart-centered, or just think you are
- The 9 Keys to Heart-Centered Living

Benefits

- Reduce stress and negativity levels
- Experience more satisfaction and fulfillment
- Have more authentic, meaningful connections

Your Thoughts

Taron, regarding your Energy Awareness training, I Loved it, loved it! I really enjoyed the workshop so much, and felt that it was so beneficial. The techniques for grounding, centering and protection are just wonderful, and I use them daily now. I feel that I learned marvelous techniques that I have incorporated already into my daily habits. Looking forward to Level II.

(Lynn Burnett-Murphy MEd, Hopping on Rocks, Edmonton AB)



Living the Abundant life

Are you a Survivor or a Thriver? How are your thoughts, feelings and attitudes about wealth impacting on your ability to create and attract it into your life? Explore how you can go from being a survivor, to a thriver through understanding the principles behind prosperity consciousness.

Discover

- The 5 keys to prosperity consciousness
- The power of Having versus Wanting
- How to use visualization to attract what you want

Benefits

- More ease in creating the life you want
- Getting into the flow
- Improved ability to identify negative patterns blocking prosperity
- A RICHER existence at every level of your being

Your Thoughts

Great comments you made Taron; both, to learn, and to live by. I have lots of work ahead of me, but I am glad I met you and spent some time looking at both my positive and negative attributes and some ideas around change. I also really enjoyed your Health Wise C.D.s and will replay them from time to time, as it is excellent information to live by. I will be in touch in time. Kindest regards on your help in assisting me with better choices in my life, as well as in making my life as great as it can be. Thanks tons! Mitch. (Mitchell Ravvin, Calgary AB)



The Fountain of Youth “Simple Secrets of Anti-Aging”

Although normal aging is natural, pre-mature aging is not! Increasing levels of stress are negatively impacting on our health and wellbeing at an accelerating pace. In this presentation, you can learn practical, simple and easy to implement insights and tips on how to restore health and regain vitality in every area of your life!

Designed for

This program is ideal for individuals who wish to maximize their quality of life by investing in themselves through healthy eating, thinking, feeling and living. Through the implementation of specific strategies at every level of your being – the physical, mental, emotional and spiritual – you can both look good and feel great! Certainly, a worthwhile investment!

You will learn

- The difference between good and bad stress
- Secrets about water intake sleep cycles, exercise diet and nutrition
- Insights into the 3 A's
- The power of a good emotional diet
- The 3 P's of a good spiritual diet

Your Thoughts

Our session was like a fresh breeze blowing through. Your words really stimulated some positive energy. I see what I need to do for myself and how I should pursue these emotions. End vs. completion.

(MM, Calgary, AB)



Relax and Renew through Meditation / Meditation Magic

The ancient art and science of meditation are revolutionizing the modern world. Research has shown a marked difference between the quality of life experienced by meditators versus non-meditators. This program demystifies the powerful art and science of meditation and teaches you how to experience more calm, clarity and contentment in all that you do.

You will learn

- What meditation is and is not
- What types of meditations are available
- The key benefits of a daily meditation practice
- The effects of a guided meditation by experiencing one during the program

Benefits

You can experience more peace, harmony, joy, flow, focus and clarity, to name a few, by aligning your energy through mediation.

Your Thoughts

Your workshop clarified the dynamics of what was going on and has given me the tools to discipline my mind and give myself and others the respect deserved. I knew that rescuing is not as effective as being a positive role model. Now I know how to and stay and live that thought. I feel so much lighter. I feel in control and out of the destructive game. Thanks. (MH, Edmonton, AB)



Awaking the Fire within - More Breath, Less Stress

Breath is the Bridge to Consciousness. So if stress is getting the better of you, the solution is as close as your breath! By becoming aware of the power of conscious, directed breathing, you can effectively counteract stress and deal more effectively with life's challenges. Your breath, and how you use it, is the most powerful force in the world.

Discover

- How to build up your personal vitality through specific breathing exercises
- The Mind-Energy-Breath connection
- The physiological benefits of conscious, direct breathing
- Specific 'calming' breath techniques

Outcome

Through the effective use of breath, you can lessen the effects of negative stress on both your body and mind. You can experience more relaxation and ease, along with a deeper sleep and better mental alertness through working with the art and science of breath.

Your Thoughts

It amazes me the depth of these programs. When I am involved at the time I often don't realize how comprehensive the programs are. I think this speaks to Taron's ability to tune in to whatever the group requires and can manage. When I complete a program I realize how much I learned from the experience afterwards.

(LS, Calgary, AB)



Are you really Health-Wise?

Health is Wealth! By understanding that being healthy goes beyond the physical to the mental, emotional and spiritual aspects of our being, we can begin to identify behaviors and patterns which are healthy and those which are not. To be optimally healthy and integrated, all of life must be challenged, to find the best strategies and techniques for overcoming obstacles which keep us blocked!

Discover

- What is Energy and why you need to manage it for optimum health
- What are the 3 A's
- Taron's 2 minute Tune-ups for releasing daily stresses, quickly

Benefits

More energy and vitality and less stress

Your Thoughts

I am most grateful for the level of intimacy and sharing which transpired amongst the group. What a wonderful opportunity to learn and stretch when we are able to share what troubles, puzzles others. For me, real learning happens when honesty is present. Thank-you Taron

(LS, Calgary, AB)



Fundamentals of Energy Management - Level 1*

Energy Management is our flagship training course. It directly shows you 'how' to develop your awareness and align your life energies to successfully handle stress, conflict, change and opportunity. Using the 'learning through doing', experiential model of learning, individuals and organizations gain valuable, practical and easy to implement insights into how to achieve results with confidence and ease.

*Please note that this program runs for 14 hours, and can be taken over 2 days, or in modules.

You will learn

- How to stay more grounded and calm during stressful times
- How to stay centered and less reactive with conflict
- How to use meditation as a tool for effective energy management
- How to experience and create healthy boundaries

Benefits

- Connect to your power and experience more confidence, clarity, and flow
- Be less affected by negativity
- Experience and maintain higher levels of Energy and Vitality throughout the day
- Consciously create positive results in all areas of your personal and professional life
- As an experiential workshop, the practical tools and techniques learned can be applied **immediately** to everyday life challenges

Note: This workshop uses an innovative 'awareness' based approach to learning and self-improvement. It is distinct from other workshops as it approaches life from the inside out and is focused as much on 'who you are' along with 'what you do'! Therefore, be ready for a refreshing, 'out of the box' experience which when approached with an 'open mind', can have a significant impact on your quality of life, both professionally and personally!

Your Thoughts

Hi Taron, I enjoyed your session on Saturday. I had to leave right afterwards so didn't get the chance to tell you so. I was actually quite pleased with my meditation efforts as I find it so difficult to sit down and slow my mind down. However, this time I actually DID IT. (Kaye Parker, Calgary, AB)



Value Added Programs - Customized Retreats

Taron is pleased to customize his programs and seminars to work within a retreat setting. Having run over 60 retreats in North America and Internationally since 1996, he can explore with you regarding the valuable benefits of creating either a residential or non-residential retreat, spanning from a day to ten days or more.

Retreats are a powerful venue for providing a positive environment within which participants get an opportunity to grow both personally and professionally. These can be hosted locally within urban settings, at Retreat Centers in nature or at resorts, and on Cruise Ships.

Mentoring Packages with Taron Puri, B.A. LL.B

The Power of 3 SILVER (7 Hours)

6 Months GOLD (48 hours*)

12 months PLATINUM (96 hours*)

VIP 'Real-Time' RETREAT (5 to 14 days)

Packages include:

- ✓ Custom **private mentoring** sessions with Taron - in person, via Skype or phone (cumulative for whole duration of the package)
- ✓ **24/7 'REAL-TIME'** mentoring & guidance as needed by phone
- ✓ **20%** Override on our product offerings including oils and photography
- ✓ **20%** Override on all of Taron's local Seminars, workshops & Retreats
- ✓ **5%** Override on Lets Do India Retreats when pre-paid at registration
- ✓ **25 Science of Cards** Complementary Relationship, Family and Friends or Business Profiles or Destiny Reports (Value: \$1,000 US)
- ✓ **Complimentary** access to all of Taron's on-line Webinars
- ✓ **1 hour** complimentary gift Consultation to give away (Value: \$250.00 US)
- ✓ **First in Line** - Priority special discounts and exclusive promotional offers on upcoming program and product offerings

*All packages are pre-paid in full. Hours will be customized according to specific requirements and must be used by end of the term. All unused hours expire at the end of the term and may only be extended solely at Taron's discretion. There are no refunds given. Hours may be shared within a family or business organization upon approval from Taron. In the event that Taron is travelling and unavailable in any given time period, and he is unavailable for phone or Skype (on-line) consults, hours will be extended as appropriate

You can UPGRADE your package to the next level(s) without penalty no later than ½ way through the current package purchased. Packages can also be further customized.

By Application only – Book your complementary 30 minute consult with Taron for qualification requirements and further information.



About Taron

Raised in a deeply rich Spiritual Tradition, former Immigration Judge Taron Puri, B.A., LL.B, shares his practical insights and secrets to finding personal and professional empowerment through accountability. Based in Calgary, Alberta, for over 30 years, he has empowered his clients to become happier, healthier and both successful and fulfilled in their personal and professional lives. Whether speaking, training, facilitating retreats or mentoring, his programs are always thought provoking, deeply insightful and inspirational, practical and fun. Consult Taron today to learn more about his Keynotes, Seminars and Training programs, Retreats and Premium Mentoring packages.



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