

# Ashok Narayanan

Italy (HQ) – Netherlands, India



**Director | Author | Agile Leadership-Life Strategist | Work Life Optimizer | Speaker & Well-Being Coach**

Mr. Narayanan, An Expert in " Lifestyle - Health - Leadership Coaching" with 19 years of hands-on experience, recognized for outstanding resourcefulness, passionate about Leadership Dimensions, Performance, Potential Transformations, with qualitative exposure towards Well-Being, the Geo-Bio-Emotional Intelligence, Life Style and Happiness Workshops along with Signature Retreats - **Dimensional Leadership - DLI-5L**, with practical and contextualized needs of the clients.

He being a Leadership Author & Coach, as well as a Master's Degree in Sociology, with Certified Yoga Master & Yogic Kalari Movement Trainer, his approaches to LIFE & LEADERSHIP is with unique organic & alternative formulas, imbibing social psychology that spells the gravity of the **Purpose, Creativity, Fulfillment, Vigor, Yogic Moves - Regimes & Mindfulness** to stimulate 'THE CENTER POTENTIALS' into Individual's Power Performance with an attire of 'Dimensional Leadership Vision'.

His Focus is building a complete Circle Leadership - "**Leaders for Leaders ,Inside - Out**". Creating Organisational Effectiveness, High Performance Business and Teams, Adaptability to Changes, and building a perfect positioning of process for evolving 'High Definition Radius Performance', with continuous indigenous outcomes tailoring to suit Regional and International Standards.

His advanced scientific design is based on "Eastern Culture and Yogic Leadership" to match the modern changes and adaptability, an approach which is a unique blend of 'Health Revolution, Life Dimensions & Dynamics' for the leaders/teams/groups to match the current professional/working environments and life scenarios, structuring the Right Life -Work-Family -Social Balance.

Linkedin <https://www.linkedin.com/in/ashoknarayanan/>

