



**LEADERS CHOICE ART WELLNESS TRAINING**



01

**PROGRAM OVERVIEW**

02

**EAGLE - I  
SELF REALISATION  
THROUGH ART**

03

**EAGLE - II  
ART LEADERSHIP & TEAM  
BUILDING**

04

**EAGLE - III  
POWER OF  
VISUALIZATION**

05

**TESTMONIALS**





## DIRECTOR'S NOTE

The Leaders' Choice Art Wellness Training programme is the result of 10 years of extensive research with inspirational art and health. It is a non-medical intervention for people in stressful situations, either at work or home, that heals the soul while giving participants a new perspective on life.

It is quite different from psycho-metric testing, that creates stereotypes and pigeonholes people to conformist ideology.

Our programme is divided into three phases.

Eagle One is designed with Neuro-aesthetics, Neuro-graphic Art and Art Journaling activities which help you to realise yourself and to integrate the right/left brain and body.

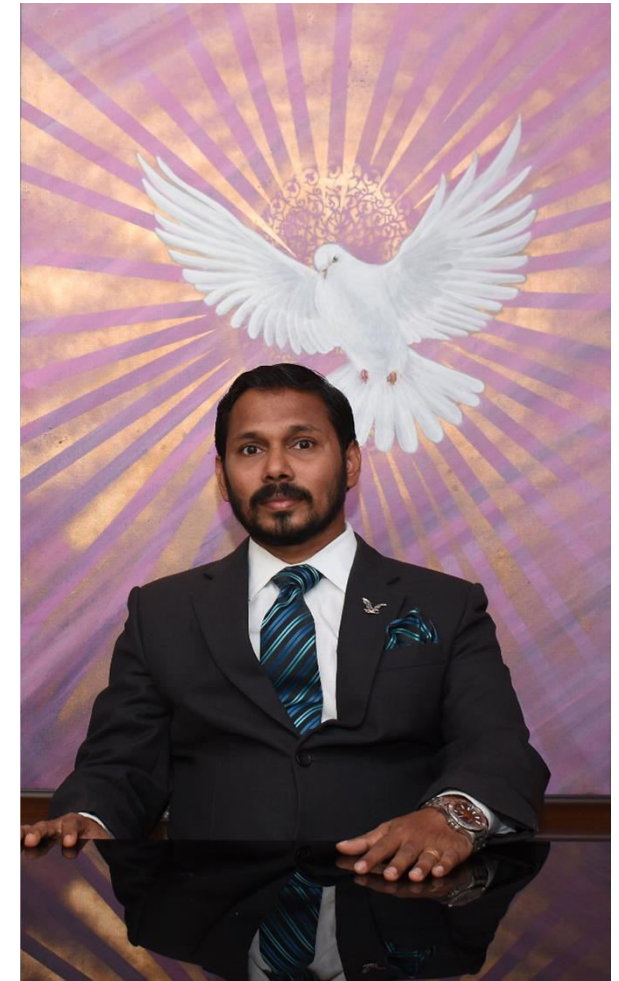
Eagle Two invokes inspirational leadership strategies through art and team building activities.

Eagle Three is an hour-long meditation on Energy Paintings of India in which the power of visualizing your dreams enhances its realisation.

Just as you don't need to be a musician to enjoy music, you don't need to be an artist to enjoy this three hour workshop.

Welcome to Leaders' Choice!

Hermon Carduz



**Rtn. Prof. Artist. HERMON CARDUZ**

Director

Leaders' Choice Art Gallery

Leaders' Choice Wellness Training & Development



## PROGRAM OVERVIEW

Art and health have been at the centre of human interest from the beginning of recorded history. Despite the growth of knowledge and understanding in each arena, we often still struggle to link an understanding of art to our personal well-being.

Leaders' Choice Art Wellness Training clarifies and resolves fundamental personality development issues through its powerful programmes.

## WHY THIS WORKSHOP ?

It is an ideal place to start healing the mind. Our art activities will help you to rediscover yourself and what really matters to you. A self-realised mind with art meditation can increase the power of visualization to achieve personal and corporate goals.





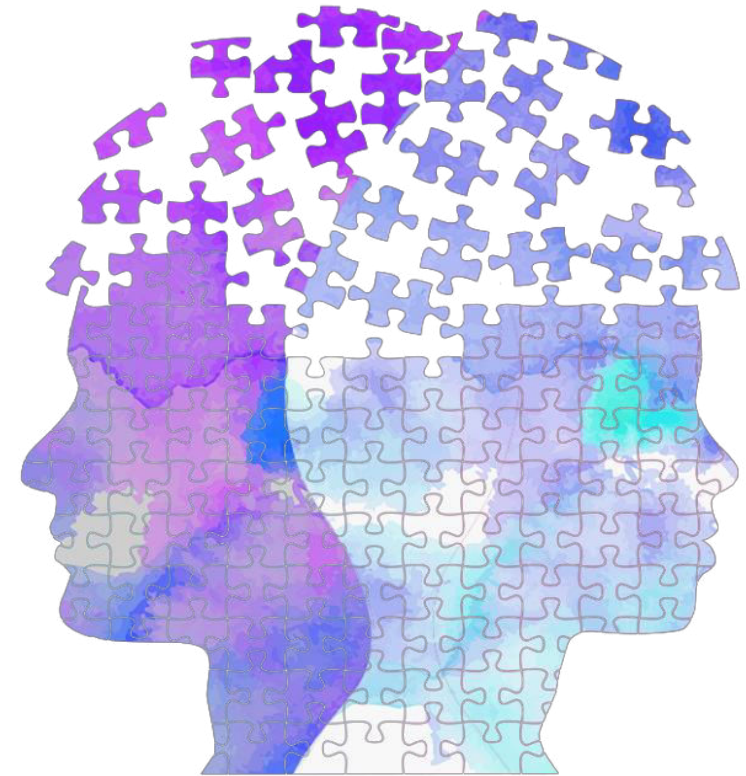


## HOW ART WELLNESS TRAINING AFFECTS THE BODY ?

While fully engaged in the process of creative expression, the body's physiology changes from stress to deep relaxation, from fear to creativity and inspiration. Creative expression can actually change one's brain wave pattern and affect the autonomic nervous system, hormonal balance and brain neurotransmitters. It can thus create a healing physiology.

## ART AND PERCEPTION

Art Wellness Training can change your perceptions of your life, your attitude, emotional state and pain perception. It can transform your mind, create hope and positivity and help in problem-solving.





## **DURATION**

The workshop is for three hours either in the forenoon or afternoon.

## **WORKSHOP BENEFITS**

Neurographic art healing of the Mind

Team work through Painting

Presentation of Leadership strategies through art

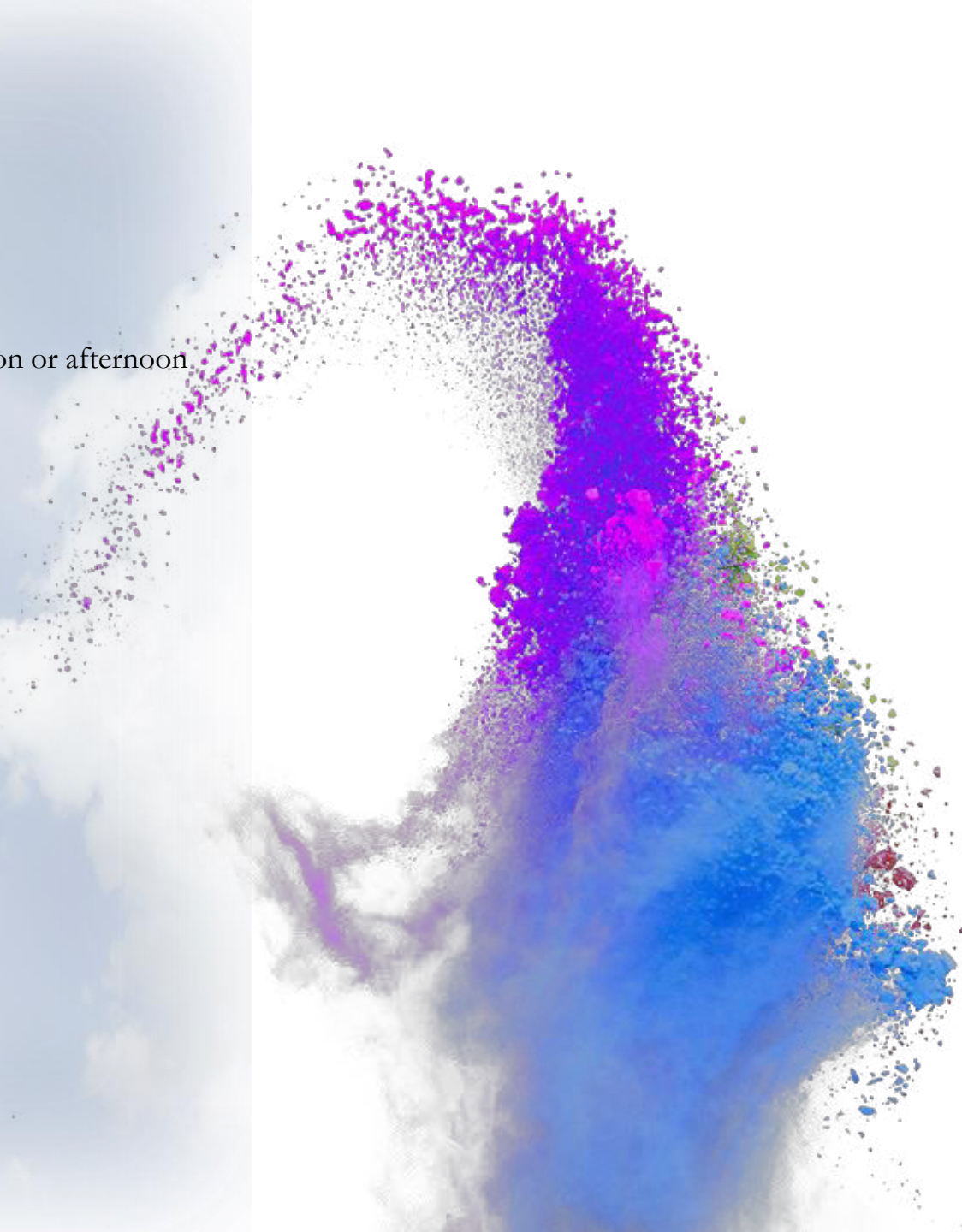
Power of visualization of goals

Left/Right Brain Integration

Reduction of stress and anger

Enjoyment of colour

Reduces regret and anxiety







## COURSE DELIVERY APPROACH

### 1. ART WELLNESS TRAINING ACTIVITIES



### 2. INSPIRATIONAL ART



### 3. EPI- ART CONTEMPLATION





01

## SELF REALISATION THROUGH ART

The art activities will help the participant to engage in

- Neuro-aesthetics
- Brain training activities
- Art healing
- Vision Building
- Enhance corporate goals







02

## ART LEADERSHIP & TEAM BUILDING

Fourteen inspirational paintings of leadership strategies by Prof. Hermon Carduz will be displayed. These paintings evoke positive leadership qualities.

### 1. Art Leadership

Observation of strategy from the painting

Group discussion

Presentation



Artist: Prof. Hermon Carduz

### **REMOVE THE DIRT**

Leaders are like powerful thoroughbred horses. The horses in our picture run through slush and mud. But they have to be cleaned and groomed at the end of the day to thrive. In a similar vein, leaders need to cleanse their hearts daily to prepare for a brand new positive tomorrow.



03

## POWER OF VISUALIZATION

The participant will visualise for 30 minutes with colours that heal. They will observe and contemplate upon energy paintings of India accompanied by healing music.

The colourful paintings provide a perfect ambience for the increase of Power Of Visualization to achieve your goals.

Noted meditative points from Eagle I/Eagle II will be visualised for successful solutions.

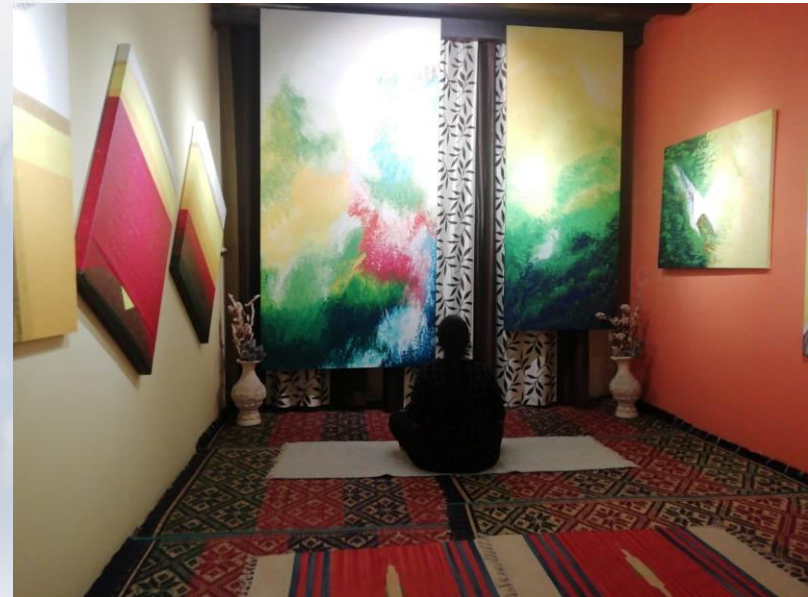






03

## POWER OF VISUALIZATION





## TESTIMONIALS

“ Master piece of art work, inspired by Hermon's work, The science and concepts behind every piece of art is outstanding . would recommended people to visit this for sure” **Mr. Sidd Vdart Inc.** (CEO Vdart)

“A place that initiated me to get into my inner self and the deep peace that is there”

**Rev Fr Francis Jeyapathi S.J.** (Former Head, Rector Loyola College, Chennai)

“ Very blessed by the works of art. There is healing in these works that goes deep into the soul. I do believe they are all spirit inspired & will transform lives ”

**-Ms. Meera Mahadevan** (Malaysia)







## WORKSHOP ENGAGEMENT FEE

01

Engagement Fee per Participant – INR 5,600/-

02

Batch Size - 30 Participants

03

Engagement Fee will include the course designing, training delivery, training material, installation of Art, etc.

Engagement fee does not include applicable taxes & Transportation.

Training hall should be provided



## LEADERS CHOICE TRAINING TEAM

Rtn. Prof. Artist. HERMON CARDUZ  
(Director)

Mr. MARK ANTONY SEQUEIRA  
(Head-Leadership Training)

Dr. M. MAHENDRAN  
(Leadership Trainer)

Dr. M. GABRIEL  
(Leadership Trainer)

Dr. M.S. MADHAVACHARI  
(Spiritual Counsellor)

Psychologist. JASMINE W  
(Head-Counselling)

Psychologist. RAJEE SAMJITH  
(Art Therapist & Counsellor)

Psychologist. GRISHA A L  
(Art Therapist & Counsellor)

Mr. JOSEPH ANTONY E  
Head – Research & Development

Ms. JEEVA SHREE  
(Art Therapist)





**Rtn. Prof. Artist. HERMON CARDUZ**  
(Director-Training & Development)

The Founder and the Chief Visionary officer of the Leaders Choice Group. He is an inspiring Rotarian. He is a powerful public speaker. He has delivered more than 200 splendid speeches inspiring thousands in the past 25 years. He is a blessed speaker with a powerful energy of inspiration which transforms the people around him to be great powerful leaders. His lectures and workshops in various Universities, Colleges, Forums, Schools and Corporates has encouraged and inspired his learners to move forward in life with a better vision.

He has envisioned the Leaders Choice Art Wellness Training program for the corporates and universities. It is the first of its kind. Leadership strategies through art, Power of visualization through Energy Paintings of India and Art Therapy for Self Realization are its unique features. He has taught and trained more than 25000 learners. He is a Professor who has designed various Heritage Museums and Art Galleries. He is an Inspirational Artist who has organized many solo and group exhibitions.

*“Soft Skill coach, Artist, Musician, French teacher, author, dancer, there are just a few words that can used to describe Hermon Carduz”*

- The Hindu Newspaper (July 20, 2013)



**EDUCATION**

M.A.(Eng.), M.A.(French), M.B.A.

- Guinness record- “Worlds Largest Body Language training”
- Master Trainer Tamil Nadu Police Wellbeing
- Former Head, Dept. of French- St. Joseph’s College, Tiruchirappalli
- Educational Consultant
- Foreign Language Trainer
- Art Wellness Trainer
- Leadership Coach



**Mr. MARK ANTONY SEQUEIRA**  
(Head-Leadership Training)

Mr. Mark Antony Sequeira is an Educator, Author, Speaker, Management Consultant & Advisor, Corporate Trainer, Zen Mentor and Executive Coach. As Principal Consultant & CEO of Maestro Human Resources Pvt. Ltd., Mr. Sequeira, has over the past 20 years, emerged as a leading internationally sought-after Management Mentor & Advisor who has wildly impacted and significantly improved the lives and careers of more than 25000 Leaders, Entrepreneurs, Educators, Managers, Sales, HR, & Software professionals across the business world.

He is also a great influencer in bridging the skills gap between 'eligibility and employability' for the student community, having widely spoken and mentored on his co-authored books on Personal skills, Social skills, Employability skills, prescribed and practiced at management, engineering & arts colleges in India.

**SPECIALITIES**

- High Impact Leadership
- Change, Transition & Transformation
- Corporate Brand Building
- Culture, Worldwide Inclusion & Diversity
- Zen Wisdom & Kaizen Techniques for Organizational Effectiveness
- Selling Strategies
- Employability Skills Enhancement



**EDUCATION**

M.A., MBA., M.Phil., LLB., BEC  
Certified (Cambridge University)

**TOP SKILLS**

- High Impact Leadership
- OD & Change Management
- Corporate Brand Building
- Mentoring & Coaching
- Business Strategy & Implementation





**Dr. M. MAHENDRAN**  
(Leadership Trainer)

Dr. M. Mahendran has 28 years of Teaching experience in various capacities as HOD and Director ( T&P) in reputed colleges and Universities. At present, he is serving as the Director of Training, Placement & Corporate Relations at St. Joseph's College, Tiruchirappalli. He has a wide network with corporates, MNCs and various industries. He is one of the top class National Level HR Trainers, so far he has trained more than one lakh people to his credit from various settings like educational institutions, corporates, MNCs and industries for the past 22 years.

The knowledge, competence and experience gained from various educational institutions and MNCs have made him as an effective leader in guiding the efficient team in the college to mold and shape the student community to meet out the expectations of employers. He is awarded with a national award “RAJA VIDHYA” from Brevity's Achievements Awards Committee, Bangalore and IBC India Advisory Board for his contributions in the field of Soft and Behavioral Skills Training.

He has got Certification of Style Analysis- DISC and DRIVING FORCES from Talent Metrix, Mumbai and entitled to the title and designation of Certified Behavior and Mentoring Analyst.



**EDUCATION**

M.Sc., M.S.W., SLET, NET,  
PhD(HRM)

**SPECIALITIES**

- Emotional Intelligence
- Leader Effectiveness
- Team Building
- Attitude Building
- Value Formation
- OB and OD
- Stress Management
- Change Management
- Talent Management
- Conflict Management



**Dr. M. GABRIEL**  
(Leadership Trainer)

He has 24 years of experience offering outstanding service to diverse clients, with a lifelong passion for holistic human development. He is Associate professor of the Department Social Work. He is a high energetic, innovative, enthusiastic person, known for interactive dynamic training style that encourages participation. He is a patient listener, counsellor, highly organized and friendly professional, able to establish long-term, positive relationships with clients. He is multi-talented, resourceful and detail-oriented skilled problem-solver. He is a confident and concise communicator. His presentations are with clarity and humor to diverse audiences. He is committed in handling interactive sessions with all age groups to work collaboratively to resolve problems, and to motivate them to achieve personal, behavioral and organizational change. He is an independent and self-motivated professional with excellent research and writing skills. He has initiated numerous courses, training workshops on social work in various institutions. He is an independent and self-motivated professional with excellent research and writing skills. He is able to establish a positive relationships with clients and colleagues at all organizational levels.



**EDUCATION**

M.A., MHRM, MSW,  
PGDDG&C, M.Phil., Ph.D.

- An Educational consultant with more than 21 years teaching experience
- Renowned Social worker of India
- Published 28 National & 27 International articles
- Master Trainer Tamil Nadu Police Wellbeing
- Member of various Academic Bodies





**Psychologist. JASMINE W**  
(Head- Counselling)

Addressed various reputed educational institutions and corporate companies in varied capacities such as Work life balance, Capacity Building, Personality Development, Self-Esteem, Marriage, Child Development, Sex Education, Abuse, Drugs & Alcoholism, and other life Skills. Trained Police Inspectors on Stress Management. Organized trainings, workshops and seminars on varied capacities. Also worked for the benefit of differently abled and minority groups to enable them on numerous capacities like sports, games, technical skills, soft skills, career advancement programs etc. with the help of organizations namely Karna Vidya Foundation, Poornodhaya Trust, Tiruchirappalli District Differently Abled Welfare Office, Help The Blind Foundation, HEPSN, All India Confederation for the Blind (AICB), Christoffel- Blindenmission (CBM) etc. Master of Ceremony and took active part in organizing events, workshops, courses and seminars.

**COMPETENCIES**

- Strong theoretical orientation with ability to establish a good therapeutic alliance and select appropriate treatment plan from an array of varied interventions with individuals and systems
- Good analytical and critical reasoning skills with knowledge in assessment methods and diagnosis
- Awareness of the ethical guidelines and potentially conflicting principles, beliefs and Ideologies
- Non- judgmental attitude and sensitivity towards individual concern(s).



**EDUCATION**

M.Sc. Counselling Psychology,  
M.Sc. Applied Psychology, MBA, Ph.D.



**Psychologist. RAJEE SAMJITH**  
(Art Therapist & Counsellor)

She is an educator by profession, a psychologist by passion, a humanitarian by life experiences, a mother in heart, a foodie by taste & skills, a woman proud to be one. She is a person who believes in loving understanding and respecting self, because that reflects on all her relationships, her goals, her career and her contribution to the society at large. RAJEE is a woman in short contributing the best to her EXISTENCE.

She is a World Record holder for the Largest Webinar Marathon in Life Skills by team of 29 for 55 hours & 55 minutes. She is an active member in the Council of Psychotherapy & Counselling(CPC). She started in slow pace as a student counsellor, professionally self-equipped with the detailed study, practicing counselling & catering to the public as a social service, satisfactory contribution given during pandemic time over telephonic Counselling, an active You tuber on Motivational talk. She shares her skills at Anugraha Institute of Social Sciences as a visiting Psychotherapist.



**EDUCATION**

M.Sc. Applied Psychology,  
P.G.D(Counselling & Psychotherapy),  
Diploma in NLP

- Certified Expressive Art Therapist
- ICF Certified Life Coach / EI Coach
- 22 years of Teaching Experience
- Counselling Psychotherapist
- Vice- Principal of St. Jude's Public School, Kotagiri
- Recipient of Numerous World Records on Life Skills
- ABNLP Certified NLP Practitioner
- Member in Psychotherapy & Counselling (CPC)





**Psychologist. GRISHA A L**  
(Art Therapist & Counsellor)

She is certified as Life Coach and with five years of experience. She has a sound knowledge and understanding of needed traits for individual's success and a strong ability to train them in improving those characteristics. She has extensive experience with making presentations, giving assessments and identifying soft skills training needs.

She is the founder of the holistic well-being center named NEYAGAM to provide counseling and life coach training. World Record Holder – Elite World Records, Asian Records Academy, Indian Records Academy, Tamilian Book of Records. She has a strong knowledge of soft skills affecting the overall functioning of various industries. She has excellent evaluative, assessment and training skills In-depth knowledge of Emotional Well-Being of the community. She has good understanding of individual and community psychology principles. She has excellent ability to help the students and teachers to improve upon skills



**EDUCATION**

M.Sc. Clinical Psychology ,  
M.A.(Eng.),M.Phil.(Eng.), Ph.D.  
P.G.D(Counselling & Psychotherapy),

- Certified IIPR **Art Therapist**
- Art Therapy curriculum designer
- Recipient of numerous World Records
- Certified Life Skill coach
- Effective Trainer
- Counselling Psychotherapist



**Mr. JOSEPH ANTONY E**  
**Head – Research & Development**

As a physicist with a passion for exploring the nature around him and to share his love for art and wellness with others. He has completed his Bachelor's degree in Physics at St. Joseph's College, Tiruchirappalli and Master's degree in Physics at Loyola College, Chennai.

He is an experienced and forward-thinking professional, skilled in guiding Research and Development efforts within the Art and Wellness sector. Develop and implement a robust R&D strategy aligned with organizational objectives, fostering innovation and staying current with industry trends. Lead a top-performing R&D team, offering mentorship to cultivate talent, creativity, and a culture of excellence.

Area of Interest:

- Art Research
- Energy of Colours
- Frequencies and vibrations
- Tamil History
- Heritage
- Leadership Qualities



**EDUCATION**

M.Sc., Physics

- Project Head of Energy Paintings of India
- Project Head of EPI – Crystals
- Expert in impedance of light in art
- Selected for the 5 Days SSB Interview
- NCC - 'C' Certificate Air Force

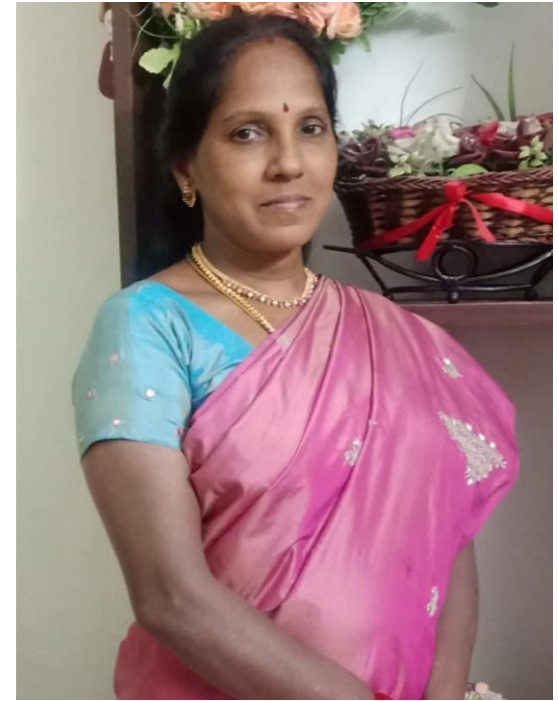




**Artist. BHUVANESWARI**  
(Artist/Art Trainer)

She is the Triumph World record Holder for the longest drawing. She was awarded as the Fevicryl expert teacher. She was a Star performer in Pidilite Industry, Chennai. She is a recipient of the Limca Book of World Records.

She has 31 years of teaching experience in Art from six institutions. She organized the Triumph World Records: “Longest drawing on the Theme of Save Nature” (7700 ft.). She has organized more than 50 Art workshops for various organizations like Mega Board Resort, Sterling Resort, Yelagiri, Pidilite Industry, Brite Institute, Dinamalar & Fevicryl and various educational institutions. She holds the LIMCA WORLD RECORDS for the Mega Art workshop for 2000+ students. She has trained more than 5500 students.



**EDUCATION**

T.T.C. (Freehand Outline Model Drawing & Oil Painting)

- 31 years of Art & Craft Experience
- Triumph World record Holder
- Recipient of the Limca Book of World Records
- Conducted more than 50 Workshops Art, Sketching & Painting
- Fevicryl expert teacher
- Star performer in Pidilite Industry
- Trained more than 5500 students



**Ms. JEEVA SHREE**  
(Art Therapist)

Art was her inspiration from childhood. She enjoyed painting a few landscapes. She finally decided to involve herself in the well being of others and found art therapy to reach out her passion.

She was certified by Complementary Therapists Accredited Association as an Art Therapist. She is currently pursuing her Master degree in English literature in St Joseph's College Tiruchirappalli. She enjoys happiness and joy instilled in others. She enjoys writing poetry and has published them in a few journals. She has complied the works of young poets and published them. Training and well being have been a strong passion for her. She is also interested in Yoga and health care. The art of baking cakes creates a great enthusiasm in her. She spends quality time in Reading , Writing & Blogging



**EDUCATION**

M.A. English Literature, Certified from  
Complementary Therapists Accredited  
Association

- Certified **CTAA Art Therapist**
- Landscape Artist
- Author
- Poet
- Blogger





**Dr. M.S. MADHAVACHARI**  
(Spiritual Counsellor)

He is a priest of the Sri Ranganathaswamy Temple, Srirangam for the past 20 years. He teaches the values of Ramayana and Mahabharata in a modern way to enrich the youth. He is the Head of the department of Sanskrit at St. Joseph's College, Tiruchirappalli. He is a private counsellor for the Tamil Nadu Police. He was awarded VIPASCHIN MANI and NYAYA SASTRA VISHARADH. He delivers regular talks on Upanyasam on Thiruppavai conducted by Tirumala Tiruppathy Devasthanam, Tiruppathy. He teaches NyayaSastra online to the Ramanuja Mission in United States of America on the relationship between Sanskrit and Society. He has inspired more than 15000 learners. He has delivered several religious lectures. He has published several articles of national and international repute.



**EDUCATION**

M.A(Sanskrit) Ph.D. (Nyaya Sastra)

- Priest of the Sri Ranganathaswamy Temple, Srirangam
- Scholar in Ramayana and Mahabharata
- Counsellor for the Tamil Nadu Police
- Spiritual Counsellor
- Stress Management trainer

**For Further Details  
Contact**

**LEADERS' CHOICE WELLNESS TRAINING & DEVELOPMENT**



**leaderschoiceartgallery@gmail.com**



**+91 984 2493 882 | +91 948 6076 427**