

BALANCING INDIVIDUALS, ORGANIZATIONS & SOCIETY

Center for Evolutionary Learning (CEL) is a global non profit research network specialized in the study of how individuals and organizations learn to evolve towards ideal models of responsibility and sustainability that result in higher levels of well-being and performance. Our aim is to contribute to the sustainable development of communities worldwide, by identifying the most effective approaches to improve personal development processes of entrepreneurs, managers and employees, working in private, social or public organizations.

“ In a recent CEL program on negotiation strategy for Shell, 100% of participants claimed that they would recommend the program to their colleagues. Many of them described the programs as a **“life-changing experience”**. ”

STRESS MANAGEMENT

In today's workplace environment, **managing stress** has become one of the top priorities for individuals and organizations.

Our workshops aim to address this need.

We offer stress management workshops that aim to equip individuals and organizations with techniques that **bring balance to our environment, minimize social conflicts and meet daily challenges in a constructive fashion.**

Our basic stress management workshop lasts about one and a half hours, concentrating on the understanding of universal values and how they manifest naturally within using the technique of mental silence. The technique is easy to learn and easy to integrate into our daily lives, providing participants with sufficient knowledge and experience to continue on their own. The session does

not require any special attire and does not involve any physical exercises.

The workshop is conducted by volunteers with **fees based on expense recovery only**. Research programs that monitor and document results are available at additional charge.

CEL research has identified a number of techniques enabling the transformative power of experience of mental silence.

Our research shows that the experience of mental silence is associated with:

- **physical well-being**
- **responsible, long-term oriented, effective decision-making**
- **enlightened leadership behavior and personality traits.**

This research has been published in leading academic journals in management, neuroscience and medical science.

CEL RESEARCH INSIGHTS

Neuroscience - the experience of mental silence meditation is associated with high levels of emotional well-being and with rebalancing of emotional and cognitive processes

Medical science - practitioners of mental silence meditation experience significantly lower levels of stress and enhanced mental and physical well-being compared to best available practices

Management - managers exposed to meditation training show significant changes in their value system, emotional balance and decision making patterns towards responsible behavior and higher levels of consciousness

CONTACT US

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“ I have been impressed by the unsolicited feedback I received from Microsoft employees and managers who took part in the meditation training programs: they all speak of a **significant improvement** in their **quality of life and well-being**, expressing gratitude for the valuable experience that they were offered”

- Jean Philippe Courtois, President, Microsoft International

HISTORY OF CEL

The founding members of CEL have backgrounds in business, medical and sociological research, and corporate training with an emphasis in Corporate Social Responsibility (CSR) and personal transformation through stress management. A body of research has been conducted and published by members of the CEL Research Board that supports the basis for CEL programs that are currently delivered worldwide.

One of the early successes by CEL members was Project "RESPONSE", a study funded by the European Union, focusing on CSR and the most effective ways to have measurable, transformative change at the individual, organizational and societal levels. Buoyed by the success of Project Response, along with similar positive results from other related research programs, CEL has evolved into its current format of offering world class learning and research programs that obtain measurable results.

OUR PROGRAMS

We offer research & learning programs, which are customized for specific needs of your organization:

- Stress Management
- Leadership
- Team Development
- Managing Conflicts
- Service Training
- Negotiation Skills
- Emotional Skills
- Managing Change
- Time Management

OUR CLIENTS

CEL works with a wide variety of public and private organizations:

- Corporations
- Public Administration
- Institutions and NGOs
- Educational institutions:
 - Business schools
 - Management training centers
 - Universities
 - Schools for lower and higher education

WE HAVE WORKED WITH...

Members of the CEL network have worked with several large organizations including:

Large Multinational Companies: BOSCH; IBM; Microsoft; Shell

Public administration: Government of Bulgaria; Government of Latvia

International Institutions: European Union; United Nations

Educational Institutions: Bocconi University, Italy; INSEAD, France; Central University of Venezuela; University of Economics in Vienna, Austria



CEL RESEARCH BOARD

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Simon Golochevkin, Senior Researcher, Dep. of Psychiatry, Washington University, U.S.A.

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