



## From Behaviour To Wellbeing

Vinesh Sukumaran

University of Missouri, India

### Abstract:

This two-hour workshop is based on Vinesh Sukumaran's noted book "From Behaviour To Wellbeing". For those who are not familiar with his work, this book is the outcome of Vinesh's work as a consultant, trainer and coach with over 100 of the fortune 500 organizations and over 20000 individuals. This workshop therefore has practical insights, tools and techniques that can be learnt and used right away to see tangible results. Vinesh has written several hundred articles on the applications of human behaviour and positive psychology that have been published in various health, wellness and lifestyle magazines across the country. He has a master's degree in positive psychology from the University of Missouri, USA. and currently consults with organizations and individuals as a positive psychologist from his office in Bangalore, India.

This two-hour workshop starts with getting an understanding of human behaviour. What it is, what it is not and how to look at behaviour purely from an application point of view rather than theoretically and based on what some of the older books on psychology said. This section also focuses on ways to be a good observer of human behaviour and how that could be a great starting point for the creation of an entirely new body of knowledge for any psychologist or mental health professional. Since in the book "From Behaviour To Wellbeing", Vinesh decided to publish just 64 of his several articles, they are clustered together into 8 buckets of 8 articles each. Each bucket forms a chapter and has 8 critical ideas contained in it. Even so, each chapter is created by putting together arti-



cles based on commonality of content and hence has a strong unified theme.

An entire hour and a half of this workshop is therefore spent exploring the 8 chapters through a combination of practical exercises, hands on activities, videos, reflection, discussions and practice sessions. Here is the essence of each of the 8 key dimensions of this experiential workshop.

### Biography:

Vinesh Sukumaran is a Positive Psychologist and an Organizational Development Consultant based out of Bangalore, India. He has trained and coached over 20,000 people to bring about behavioural change and find more meaning in work and life. Though a trained Mechanical Engineer, Vinesh has been a result oriented consultant for several individuals and corporations like Hewlett Packard, Aricent, Daimler, NetApp, Oil India Limited, Amadeus, The Tata Group, Practo, Boeing, L&T, The Indian Space Research Organization and over a hundred others.

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