

# Meditation for Academics™



**Learn how to**  
Manage stress & anxiety  
Enhance focus & productivity  
Increase happiness & inner  
peace

**Are you feeling stressed, overwhelmed, or burned out by your work?**

**Do you want to improve your focus, productivity, and creativity?**

**Do you want to achieve more success and happiness in your personal and professional life?**

If you answered yes to any of these questions, then this course is for you!

## **Course includes**

- ✓ 3-week program
- ✓ 3 sessions of 2 hours
- ✓ Handouts
- ✓ Certificate of participation
- ✓ Articles
- ✓ Guided meditation

## **Suitable for**

- ✓ All academics as well as anyone who wants to learn meditation in a scientific way.
- ✓ No prior experience or knowledge of meditation is required.
- ✓ Whether you're brand new to meditation or you have experience in meditation, this course will provide great value to you.

## **Registration / more info**

Contact Dr. Narjes on  
[info@drnarjes.com](mailto:info@drnarjes.com).

**Meditation for Academics™** is a unique blend of modern science and ancient wisdom to teach you the skill of meditation in a scientific way. You will gain practical wisdom and simple yet effective meditation techniques to transform your life and enhance your academic pursuits.

## **It will help you:**

- Reduce stress and anxiety
- Boost happiness and inner peace
- Increase focus and mental clarity
- Enhance your cognitive skills such as memory, creativity, and decision making ability
- Boost productivity and performance
- Improve your mental and physical health and overall well-being

## **You will learn:**

- The fundamentals of meditation and how it works
- Latest scientific findings on the benefits of meditation
- How your mind works and how to train your mind to enhance your cognitive ability
- The ultimate formula for using the power of your brain to remain in control of your mind and emotions in all life situations
- Practical wisdom on how to increase your happiness and become the master of your life experiences
- More than 5 simple, quick and effective meditation techniques that can be used in different situations and environments
- The common challenges and misconceptions about meditation and how to overcome them
- Concepts based on neuroscience, modern physics, and positive psychology
- How to make meditation a habit and integrate it into your daily routine

# About the creator of the course

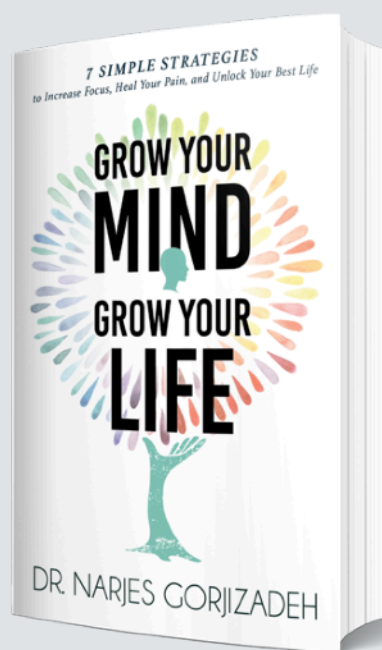
**Meditation for Academics™** is created and conducted by Dr. Narjes Gorjizadeh who has a deep understanding of the challenges that academics face and, with her depth of knowledge and experience in meditation, will provide personalised guidance and support.

**Dr. Narjes Gorjizadeh** is a PhD research scientist, certified meditation and mindfulness teacher, life coach, and best selling author of *Grow Your Mind, Grow Your Life*. She received her PhD degree in materials science from Tōhoku University in Japan. At a crossroads in her personal and professional life, she encountered meditation and the science of the mind and, based on a decade of extensive study and research, created a unique model for achieving a happy and stress-free life. Bridging the gap between ancient wisdom and modern science, her innovative strategies and unique teaching style promote peace and positivity in mind, and clarity, focus, and greater success in life. She is the creator of the G.R.O.W. program and several breakthrough concepts, such as *Mindful Distraction*, *Describe the Moment*, and *Design Your Best Future*.

Visit her at [www.drnarjes.com](http://www.drnarjes.com)

LinkedIn: [www.linkedin.com/in/dr-narjes](http://www.linkedin.com/in/dr-narjes)

***Grow Your Mind, Grow Your Life*** is an inspiring and deeply personal book that shares practical wisdom to expand your mind and grow beyond limitations and simple yet effective strategies to help you live a happy, stress-free, and fulfilled life.



“Narjes is excellent in explaining the concepts in an easy to understand and clear manner. She is very calm and professional. We are blessed to have her as our teacher.”

– Quilan, Australia

“Narjes’s teaching is truly unique. She explains things in a way that is easy to understand and easy to implement. She coached me through her GROW program and meditation classes, and it has changed my life. Now I can perform at my peak in my daily activity but at the same time I can stay happy and calm regardless of what is happening around me. I can’t thank her enough.”

– Kim, Australia

“Narjes is an excellent teacher. She calmly and clearly explains the meditation techniques and how these link to being happy. She does this in a way that is easy to understand and based on logic and fact, rather than religion or belief. She is welcoming and hospitable. I feel at ease in her company.”

– Chris, UK

**Grow Your Happiness**  
**Grow Your Peace**  
**Delete Your Stress**