



Workshop for business organizations

*"Love, Work and Relationships
The pillars for inner integration"*

*"The laws of the material world are transformed when
they come into contact with the laws of our spiritual
world, creating a success called happiness."*

– Anan Nodedt



Workshop for business organizations

This workshop integrates three very important tools currently used by companies that have decided to take a more human turn: organizational constellation, assertive communication and meditation. With this triad, Anan creates a context that opens the door to a new business vision, showing dynamics that are hidden within the organizational system which may be blocking its harmonious flow.

Organizational constellation is based on the fact that each company is a system, which - in an almost natural way - generates "hidden dynamics". These, being part of the company, are taken as "obvious" and therefore go unnoticed by its members. However, if these "hidden dynamics" are not brought to light and adequately addressed, they can result in a tense work environment, decreased productivity, constant staff turnover, of staff and even the breakdown of the organization.

The "hidden dynamics" are not obvious. Through the aforementioned tools, the individual bases are built so that each participating employee also understands his/her own hidden dynamics that do not allow him/her to walk towards personal success, and therefore, that of the company. By understanding this, we can begin to build a life full of meaning, joy and prosperity that ultimately has an impact on the job.

Similarly, one of the fundamental principles of each system is the Law of Belonging, whose basic precepts are respect, balance between giving and receiving, order, and the fact that all members of the company are entitled to the bond of belonging, regardless of seniority, specialty, position or hierarchy.

By not being recognized or valued, some kind of unbalance is generated within the organization.

The Organizational Constellation is based on the existence of a problem, under the premise that every company has a collective unconscious. It is a method that shows a path, but not the solution; it is not focused on looking for "guilty ones", but on creating a solution image or systemic image, which brings clearer answers to those of an intellectual analysis due to the fact that the obvious is always difficult to see by the same members of a system.

Integrating meditation and assertive communication, this workshop offers all participants a new way of feeling good, both with themselves and within the company, bringing a new understanding, openness and energy to the work environment.

By learning to relate to work, everyday tasks and coworkers from a more conscious and clear vision, we can achieve our dreams without effort.



Companies in which Anan has shared this workshop:

- Bombardier
- Tec de Monterrey
- Janesville Acoustics
- Carrizal Mining
- Tonic
- Proveedora Térmica Monterrey
- Tequila Sauza.