



MAESTRO

MINDSET

MANIFESTO

2020

3 AREAS OF FOCUS FOR 2020



WORK

Entrepreneurship or Career

RELATIONSHIPS

Significant Other, Family, Friends

COMMUNITY

Neighbourhood, Cultural Group,
World



MIND BODY SOUL

MIND

Expand the capacity of your thoughts within this focus group

BODY

Help your body excel within this focus group

SOUL

Find the passion you have for this focus group

WORK



MIND

Seek a different perspective

A new perspective can improve your current strategies or give you a new one that can help you stand out

Entrepreneurship 101

Although I had 20 years of international business experience at the time I took a course called Entrepreneurship 101 at the MaRS Discovery District to 1) learn the language of tech 2) Expand my network 3) learn a new perspective

Take Action

Take a different class, learn a new skill, meet a new person for coffee

WORK



BODY - FOCUS

Healthy Body - Healthy Mind

People who want to perform at their peak know it takes extreme focus. If your body is not in prime condition, it is difficult to perform

Simple + Sustainable = Focus + Drive

Keep it simple so you don't have to think about all these routines. Simple helps you stay focused

Sustainable means not spending hours on something instead, keeping it short and consistent will drive you to keep going

Take Action

My strategy along with any workouts, eating healthy and staying hydrated is 10 pushups, 10 situps, and 10 squats, everyday. There is no excuse not to do something so simple and it only takes minutes. 10 -10 -10 Try it out

WORK



SOUL

You can make a difference!!

It is overwhelming to think about all the challenges there are in the world and sometimes difficult to see how we can make a difference, but we each have our role to play.

Computek College

As the owner of Computek College, I am proud to say it is an educational institution, a business but also a space where we each have an opportunity to serve, teach and guide each other, student, teachers, and administration. It is not about the growth of the plant but providing the right soil and environment for life to flourish.

Take Action

There is so much talk about mental health but when is the last time you went for coffee with a co-worker? Or a walk with a loved one?

S.M.A.R.T. GOALS

When you think about your goals for 2020 use the S.M.A.R.T. Goal strategy

S

SPECIFIC

Well defined & clearly stated

M

MEASURABLE

Method to measure your progress

A

ACHIEVABLE

Not impossible to achieve

R

REALISTIC

Within reach

T

TIME

A set deadline to create a sense of urgency



RELATIONSHIPS

Mind



1

COMMON ACTIVITIES

FINDING OUT AND UNDERSTANDING WHAT YOUR COMMON INTERESTS ARE IS THE KEY TO BUILDING AND MAINTAINING RELATIONSHIPS

2

PAINTING

Dasha and I chose to paint one of the classrooms at Computek College. It was interesting to see how we worked together as a team and gave us great insights into how to take on other challenges together

3

TAKE ACTION

Paint a room, put furniture together, play a team sport together. Learn to work with each other on less stressful activities



RELATIONSHIPS

Body - Energy



1

ENERGY

Don't waste time with people that are important to you by not having the right energy

2

PORTAGING

I love to go Portaging with a group of friends. It's a great way to catch up with them because there are no cell phones or other distractions in nature

3

CHOOSE ACTIVE - BE ACTIVE

Instead of taking the elevator, take the stairs. Every small decision adds up to big achievements



RELATIONSHIPS

Soul



1

BE THE BEST YOU

We think about what others are doing or should have done but we forget about what we can do. Focus on being the best you.

2

PING PONG

When I met my wife Dasha I was focused on being the best person I could be. It wasn't that I was highly successful in all areas of my life it was that I was confident I was headed there.

3

PRIORITIZE YOUR ME TIME

We forget to take time out for ourselves. Whether it's meditation, the spa, or a walk alone, take the time to take care of yourself.



PRIORITIZE YOUR CALENDAR

Choose people & activities important to you first & book them into your calendar.

Prioritize your values & goals.



COMMUNITY



MIND



SMALL CHANGES MAKE A BIG DIFFERENCE

We want to make a big difference and take on big projects but it's the small changes that make the maximum impact

PROF. MUHAMMAD YUNUS

A few friends and I wanted to make a difference in Bangladesh. Inspired by Prof Yunus' social business concept, we felt we could make a big difference. He guided us by explaining we should focus on one person first and then duplicate that process. Sounds simple now but at the time it was a game changer

TAKE ACTION

Keeping things simple, smiles make a world of difference and High 5s do as well. Find 5 people to high 5 today. Perhaps the energy you share will inspire you to take more action towards making people happy



COMMUNITY

BODY - TOUCH



SKIN TO SKIN

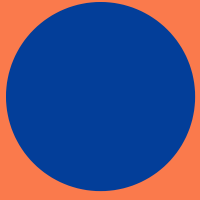
When a child is introduced to this world the first thing the doctor says is place the child on your chest, skin to skin. We need human touch as part of our survival

COMDU.IT

comdu.it is a non-profit that focuses on connecting the diaspora to their community in their homeland

TAKE ACTION

It is important to like, share and donate, but we and the organization we believe in miss out on true connection when we don't participate. Like, Share Donate, but don't forget to participate



COMMUNITY



SOUL

“THE ONE WHO PLANTS TREES, KNOWING THAT HE WILL NEVER SIT IN THEIR SHADE, HAS AT LEAST STARTED TO UNDERSTAND THE MEANING OF LIFE.” (RABINDRANATH TAGORE)

There is something bigger than us that is worth tapping into

SANTA CLAUS

One of my favorite explanations of Santa Claus to kids is that he is all of us, taking the time to give a gift without seeking acknowledgment

TAKE ACTION

We are all part of something bigger. Do something special for someone without telling them it was you



MURALY SRINARAYANATHAS



Muraly Srinarayanathas is a successful business professional committed to creating positive impact within his community. With over 20 years experience in international business and leadership, Muraly possesses a unique global perspective and the ability to bring diverse groups of people together behind a common goal.

As Chief Strategy Officer of Computek College, Muraly implements and communicates strategic plans that serve to strengthen student and staff satisfaction, while simultaneously increasing the company's economic growth and community outreach. A testament to the success of his approach, Computek recently celebrated a landmark anniversary, having now provided quality education in health, business, and technology for 25 years.

Muraly has lived and worked in countries including India, Bangladesh, Malaysia, England and Canada, and as such, he has developed a keen understanding of global business affairs. He completed his BA from the University of Manitoba, his MBA in Bangladesh, studied Digital Strategy at Harvard Business School, and completed a Global Professional Masters of Law GPLLM at the University of Toronto. Notably, Muraly has worked closely with Nobel Peace Prize Laureate, Professor Mohammad Yunus, promoting the concept of Social Business on a global scale. His own social business, Panther Social, worked to promote self-sustainable business projects in Dhaka, Bangladesh, creating business and growth opportunities for individuals to overcome poverty and positively impact their communities.

Muraly firmly believes in civic responsibility, public service, and the promotion of Canadian multiculturalism. Having recently become a father, Muraly hopes to build a strong future for his family and community; one where young Canadians (and new Canadians) can fulfill their goals and dreams together.

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