



Buddha-CEO
Quantum Foundation

Buddha-CEO Practitioner Certificate

Welcome to Buddha-CEO Quantum Foundation! It is our pleasure to have you join us in this journey of Breath-Mindfulness Meditation with Scientific foundation to the practice. We are excited to provide Buddha-CEO Practitioner Certificate to the participants of our 40-Day Guided Meditation Program.

Benefits of the Buddha-CEO Practitioner Certificate

Breath Mindfulness Meditation provides total transformation to all who practice it regularly. It is now globally recognized that Mindfulness practice makes you a better leader. Today many multinational corporations have adopted mindfulness practices in the workplace and are encouraging employees to practice it regularly.

As more and more corporates are recognizing meditation as a skill, Buddha-CEO Practitioner certificate will validate your practice of the same and help you get recognition for the scientific wisdom of Breath Mindfulness Meditation by organizations and communities.

To be eligible for this certificate:

- ✓ Participants are required to have a **minimum of 80% attendance (32 out of 40 days)** in the program.
- ✓ Respond to at least **5 out of 6 weekly Buddha-CEO Practitioner Certificate Quizzes** which the participants will receive via email and score at least 50% aggregate in all of them.
- ✓ Respond to the **3 Self-Assessment forms** which will be shared via email during week 1, 3, 6 along with the quizzes.

Kindly note that week 1, 2, 4 & 5's quizzes will take 5 mins of participant's time whereas week 3 & 6's quizzes will take 15 mins of participant's time as they will be assessing themselves with an additional questionnaire, which will be sent along with the Quiz.

Participants will receive the e-certificate by email within 4 weeks after the program is complete and a certificate with "Excellence" if they score at least 80% aggregate in all the quizzes.

Note:

1. Participants interested in obtaining the Buddha-CEO Practitioner Certificate are requested to indicate their interest for the same in the first Self-Assessment form (sent at the beginning of the program) to receive the 6 weekly quizzes to their registered email IDs.
2. Participants are required to login to the daily zoom sessions using their registered email IDs.
3. **We request the participants to use the same registered email ID for all the quizzes and assessments.**

We encourage you to make the most of this opportunity and continue this transformative journey with us.