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I am the creator, sustainer & destroyer of My World. When I need a better world, I have to create it.

Life is a series of experiences and responses. Right response helps us to create the world that we desire and lead the life that we want to live.

- C K Suresh

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C K SURESH

- Trainer, Performance coach, Counsellor & committed Social Worker
- Post Graduate in Management, Psychology and Journalism, NFNLP accredited International trainer in Neuro Linguistic Psychology, Trained expert in Transactional Analysis and handling Learning Disabilities.
- His sessions are based on the practical philosophy of 'Living in Harmony'.
- He has completed more than 4000 training sessions for corporate, socio- cultural and educational institutions.
- His talks have been aired for over 800 episodes in popular TV Channels.
- He has developed the unique approach of 'Relationship Counselling', where one is empowered to solve own problems, without labelling
- He has been providing free family & academic guidance for over 15 years.
- In 2006, he founded the ATMA Foundation, to assist people lead happier lives with healthier relationships.
- In 2012, he was honoured by the Rotary Club, Thrissur, with the Vocational Excellence Award in his chosen field of Counselling & Training.



LIVING IN HARMONY

As the world moves from a Global Family to a Global Market, we are caught in the midst of irony. Comforts are fast increasing – so are anxiety and stress!

More and more people are turning to religion & rituals – yet, around us, more and more people are getting trapped in negativities!

Behind every psycho - social problem, there is a broken family or a lack of positive social relationships. To regain love & values in our relationships is an urgent need...

Living in Harmony is a practical philosophy of personal empowerment through intrapersonal & interpersonal integration. Developed by C K Suresh, through years of experience in psychology, management & spirituality, Living in Harmony combines ancient Indian Wisdom with modern techniques for happy and effective living.



LIH – based campaigns by C K Suresh

- **LIH Talk Series**
5 day talk series with 1 ½ hours' evening sessions – for public - on the concepts & practice of Living in Harmony
- **Harmony Meditation**
4- day, 1 hour morning sessions, where the participants are trained to use the basics of meditation to relieve daily life stress and relax amidst hectic schedules.
- **Family Harmony**
Full day workshop for the whole family, with interactive sessions that guide the family members on the basics of open communication and relationship building based on love and values.
- **Saha Dharmam Chara**
Pre & Post Marital Training & Guidance for couples, broadly based on Living in Harmony- with expert inputs on different aspects of marriage – physical, emotional, social, financial etc.
- **Corporate Harmony**
Training for professionals on how to integrate professional success with personal happiness
- **Short talks on topics based on LIH**





ATTITUDE TRAINING & MANAGEMENT ASSOCIATES

Centre for Individual & Organisational Excellence

Training, Consultancy & Performance Coaching

with the unique philosophy of Living in Harmony

ORGANISATIONAL DEVELOPMENT MODULES

Leadership Training
Team Building Workshops
Outbound Training
NLP- based modules
Vision Consultancy
Corporate Harmony



EDUCATIONAL SUPPLEMENT PROGRAMME

- Training Modules for Teachers
 - EC Teacher
 - Effective Presenter
 - NLP for Teachers
 - LD Remediation Basics
 - Basic Counselling Skills
 - Basics of Adolescence Mentoring
- Training Modules for Students
 - Leadership & Public Speaking
 - Take it Easy – How to face exams
 - Adolescence
- Sessions for Parents
 - Parenting with Love
 - Adolescence Parenting
- Vision Consultancy & Assistance for the Management



PERSONAL EMPOWERMENT PROGRAMMES

NLP Basic Practitioner Course
Basics of Transactional Analysis
Basic Counselling Skills
EC Lab (Empowerment & Compassion Process Labs)



Achieve the Best...&
Share with the Rest!

ATMA FOUNDATION

An NGO committed to Empower Individuals
to engage in Compassionate Social Intervention

The ATMA Initiatives –

Guidance & Counselling: Free Relationship Counselling, Counselling Training, EC Labs

Empowerment Initiatives: Trainings, Workshops & Camps for Capacity Building - for Youth, Children, Adolescents, Teachers, Parents etc

Living in Harmony Campaigns

Community Development Programmes: Health Camps, Medical Aid, Financial aid, etc for weaker sections

Social Campaigns: awareness on child rights, youth issues etc

Team Building through Family Betterment Sessions, EC Groups, Outbound trainings etc.



ATMA GURUKULAM

(Reg No: 2289, Board of Control for Orphanages
& other Charitable Homes Kerala)

A care & boarding home for destitute girls from deprived circumstances. It is not just another orphanage- we provide quality education with extra academic support. Their unique talents are nurtured & encouraged- with mentoring assistance to bring out their best and value orientation to transform them into powerful leaders of tomorrow.



ATMA HARMONY VILLAGE

Where service is a way of life &
happiness the rhythm of every moment!

It is envisioned as the nodal centre of all ATMA activities – incorporating ATMA Gurukulam, Elders' Homes, Marital Guidance Centre, Counselling Research & Training Centre, Outbound Training Facility, Health Centre, Arts Centre etc. The elders will have a full life amidst activity & service, effectively contributing to society!



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