



# Mentora LIFE

---

"At the core of our times is a silent cry among us all for a practical, all-pervading spirituality – a nurturing and upliftment of our spirit that can be woven across the whole fabric of our life, our work and our engagement with the world."

HITENDRA WADHWA

# MENTORA

## **Mentora LIFE is designed to help you pursue both personal and professional success.**

At Mentora LIFE, we are forging a community of professionals united in their quest for both material and spiritual advancement through self-discovery, lifelong growth, and the pursuit of a purpose-driven life. We are committed to living and leading from our inner core — the space of highest potential within us — while fostering a profound sense of connection and inspiration and strengthening the social, mental, and moral fibers in our families and communities, starting with our own self.

Mentora LIFE offers a scientific method for pursuing success by activating your five core energies of Purpose, Wisdom, Growth, Love and Self-realization to let your inner core shine through in everything you do. Besides forming their own peer connections, members gain access to a rich suite of personal and professional growth tools and to a network of inspiring role models.

Mentora LIFE is designed to help you cultivate your inner voice and progress in the direction of your life's true purpose by tapping into the assets, knowhow, experiences and network built over the last 15 years by Prof. Hitendra Wadhwa and his team at Columbia Business School and the Mentora Institute.

Early groups have consisted largely of business professionals from among readers of Hitendra's book, *Inner Mastery, Outer Impact*, and from the MBAs, Executive-MBAs and executives who have taken Hitendra's class on Personal Leadership and Success. Over time, Mentora LIFE will grow to include professionals from non-business fields such as Medicine, Law, Academia, Government, Social Impact, and the Arts.



As part of this community, you will gain access to **5** resources:



**1. SCIENTIFIC PATH:** A well-structured path, founded on timeless wisdom and modern science, that guides you on how to advance your happiness, harmony in relationships, health and high-performance by living and leading from that place where your true self resides — your inner core.



**2. TRANSFORMATION TOOLS:** A suite of practical tools to help pursue *Inner Mastery* by operating from your inner core in the flow of life and work, and create *Outer Impact* by achieving breakthroughs in how you resolve conflict, build trust, influence others, inspire your team, deliver constructive feedback, make wise decisions, and address other performance challenges at work and home.



**3. GLOBAL COMMUNITY:** An opportunity to build connection and community with like-minded members committed to lifelong growth, the discovery of universal truths, and the balanced pursuit of inner and outer success.



**4. GROWTH PARTNERS:** A small circle of 8–10 growth partners devoted to creating a safe and intimate space to inspire and support one another, deepen their understanding of how to create meaningful lives in today's complex times, and build lifelong bonds.



**5. EXEMPLAR NETWORK:** A network of exemplary individuals who are leading remarkable lives and creating remarkable change in the world, to help you accelerate your own aspirations to build a beautiful life and a beautiful world.

# MENTORA

## Your Mentora LIFE experience will unfold at multiple levels.



### SELF-PACED LEARNING

1. Classes on developing your character, leadership, and changemaking.
2. Mentora LiFT, a genAI-powered coaching tool to help you accelerate performance at work and in life.
3. Virtual and in-person dialogs with Dr. Hitendra Wadhwa plus a network of experts and exemplary leaders and changemakers, exclusive to Mentora LIFE members, on topics such as:
  - Becoming a Compelling Communicator
  - Building Unconditional Self-Esteem
  - Ten Principles of Time Management
  - Creating Lasting Relationships
  - The Power of Storytelling
4. Thoughtfully curated library of transformative stories.



### GROWTH PARTNER CIRCLE

1. Membership in a Growth Partner circle with 8–10 M.LIFE members.
2. Meet on a regular basis, typically once or twice a month to hold deep, introspective, supportive dialogs.
3. Be guided in Growth Partner meetings by a Mentora-trained facilitator.
4. Access to a suite of Mentora LIFE dialog tools for deeper connection, support, thought-partnership and inspiration.
5. Monthly growth steps focused on 5 Core Energies, Relationships, Performance at Work, Leadership, Changemaking, Life Purpose, and Spirituality.



### WORLDWIDE COMMUNITY

As we keep growing, you will gain access to a worldwide community of actively engaged Mentora LIFE members you can tap to pursue meaningful mutual interests through affinity groups (e.g., parenting, creativity, career shifts) and changemaking groups (e.g., community, school, profession).





**This is an invitation to join us in building a place we can keep coming back to for inspiration, guidance and connection as we author each ensuing chapter of our life.**

---



For further details, you can visit the Mentora LIFE page on our website.

## MEMBER REFLECTIONS ON MENTORA LIFE



M.LIFE has been inspiring and practical. Each member is accomplished and deeply thoughtful. Our discussions in our monthly group sessions as well as 1:1 have helped me gain broader perspective and have led to some practical experiments in my life that are making me even more effective as a husband and dad and as leader.

**T. SEAN McKEAN**

Partner, ghSMART, Columbia Business School ('12)

It's been exciting to be a pioneer of an innovative attempt to get people to create... I've been so inspired by group members' willingness to share their vulnerabilities and inspiring stories... I've been motivated by the response of our group members to challenges they face, to master my own inner thoughts and reactions to daily life.

**JONAH ZIMILES**

Managing Principal at [words] Bookstore, Columbia Business School ('06)

The questions that Hitendra is asking right now, are exactly what I've been asking myself my whole life... the broader question of purpose and how to unite them all was always something I was interested in. This group is serving that purpose and holding me accountable to answering it myself. It's a safe, caring and intellectually driven group... It's really been a wonderful source of support, motivation and congregation during this time.

**CLAUDINA BONETTI**

Senior Executive & Entrepreneur, Columbia Business School ('96)

## MEMBER REFLECTIONS ON MENTORA LIFE



I feel we're poised for a reset in terms of how we show up for ourselves, each other and the world. There's an opportunity to find ways to develop in ourselves and model and inspire others to develop more transformational leadership. Where we're tapping into the inner infinite potential we each have and support that in others to collectively unleash a greater good... It's been a real pleasure to be a part of this founding group. What's been most inspiring for me is there's a group of people who have a shared view of wanting to do the work individually and collectively around the inner discovery to enhance our opportunity to do better for others and in the world, which clearly needs it.

**SUKANYA SODERLAND**

SVP, Chief Strategy Officer, Blue Cross Blue Shield of Massachusetts,  
Harvard Business School ('08)

Participating in Mentora LIFE was a complete leap of faith for me, as I knew very little about it, jumping in at the suggestion of a close friend who joined the same cohort. His simple description of a purpose driven life long growth and meaning resonated with me at time change and transition, both personally and professionally. Having never pursued any sort of thing like this, I am thrilled to learn that these goals can be distilled into a rational practice, and to experience this with a diverse group of peers who brim with intelligence and unlimited decency. I am greatly curious and excited to see where the program takes us!

**TIM ROBB**

General Counsel, World Insurance Associates

## ABOUT MENTORA

Mentora is a global leadership development and organizational transformation group headquartered in New York. Mentora is committed to helping its clients, which range from blue-chip companies to social enterprises, evolve into inspired organizations where people in all roles and all moments achieve breakthrough performance by bringing out the best in themselves and the best in others in the pursuit of a noble purpose.

Mentora is applying the science of human potential to develop extraordinary, mission-driven leaders and cultures. Its unique approach to performance acceleration, organizational transformation, and leadership development is informed by the latest scientific findings, studies of great changemakers and movements in history, and experiments run at Mentora Labs, and is built upon the award-winning research and teachings of its Founder Dr. Hitendra Wadhwa, a professor at Columbia Business School and author of '**Inner Mastery, Outer Impact: How Your Five Core Energies Hold the Key to Success**'.

Mentora works with clients to create sustainable and measurable improvements in performance via consulting to the C-suite, co-design of culture-building initiatives, transformational learning experiences, and tools for driving step-by-step improvements in performance. Its clients have included Kraft Heinz, Accenture, Citi, Goldman Sachs, Lululemon, CBRE, Pfizer, and other leaders across a range of industries. Mentora's strong team of experts has proven track records in behavioral research, corporate leadership, people analytics, and cultural transformation.

To explore how you can apply for membership in Mentora LIFE or bring it to others in your organization or circle of friends, contact **Lauren Decker** at [lauren@mentora.institute](mailto:lauren@mentora.institute)



**mentora.institute**