



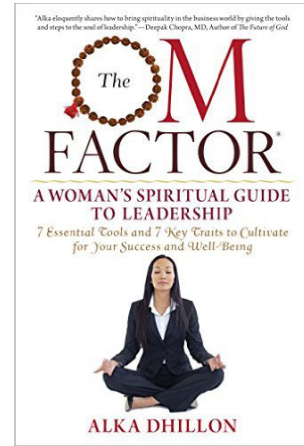
Winner of the 2016 Axiom Business Bronze Book Award

THE OM FACTOR

A Woman's Spiritual Guide to Leadership

*7 Essential Tools and 7 Key Traits
to Cultivate for Your Success and Well-Being*

By **Technalink CEO Alka Dhillon**



*“Alka eloquently shares how to bring spirituality in the business world
by giving the tools and steps to the soul of leadership.”*
—**Deepak Chopra, MD**, author of *The Future of God*

Award-winning CEO of the Washington D.C. consulting firm Technalink Alka Dhillon learned what it takes to succeed both in and out of the workplace through a complete spiritual transformation. When unexpected tragedy left her fatherless at twenty-four, Alka was forced to become the primary breadwinner for her first generation Indian-American family. Although she could provide financially, her own personal health took a toll too heavy to ignore. After too many trips to the emergency room the young entrepreneur searched for a bulletproof way to cope with her grief and on a whim signed up for a yoga class. Enter the OM Factor.

“A thorough guide to inner peace, complete with highly specific practical tools for living an enriched happy life. Designed for women, however as a man, I found it spiritually invigorating and uplifting. I enthusiastically endorse Alka’s THE OM FACTOR.”
—**Wayne Dyer, PhD**, author of *I Can See Clearly Now*

Inspired by the “OM” chant uttered at the beginning and ending of a yoga session to invoke unity between the body, mind and spirit, Alka realized that the courage to live harmoniously could apply to all aspects of her life—and to other women’s too. In **THE OM FACTOR: A Woman’s Spiritual Guide to Leadership—7 Essential Tools and 7 Key Traits to Cultivate for Your Success and Well-Being** Alka Dhillon teaches women juggling multiple roles how to cultivate both personal and professional success through mindfulness and meditation. Alongside personal anecdotes and corresponding yoga poses, each tool and trait helps readers replace negative, involuntary reactions with thoughtful, goal-oriented solutions to master everything from meeting meltdowns to low self-esteem.

Available now from  **SelectBooks**

*To request a review copy and for all publicity inquiries, please contact
Winona Leon at winona@rarebirdlit.com and Heather Huzovic at heather@lisaweinert.com.
(213) 623-1773 | Archer | Rare Bird Lit | 453 S. Spring St. Ste. 302 | Los Angeles, CA 90013*

“With the rise of women all over the world to join men in the full agenda of human affairs there is a great need for an enhanced and expanded skill set. Alka Dhillon provides a richly conceived feast of understandings and practices that are as practical as they are powerful.”

—**Jean Houston, PhD**, author of *The Wizard of Us*

By bridging the gap between spirituality and the workplace, **THE OM FACTOR** can aid help anyone looking to become better at their job, more productive in their work, and happier in their personal life.

“I love this book! It helps women with practical tools to find their center and know their source to find fulfillment and create the success they want. Read it, practice it, share it.”

—**Agapi Stassinopoulos**, author of *Unbinding the Heart*

“...despite the entrepreneur’s busy schedule in the right-brained industry, she’s found ways to conquer that stress and become a more effective female CEO.”

—*Modern Luxury*



Often called the Spiritual CEO, **Alka Dhillon** is the founder and CEO of Technalink, one of the leading companies in the Washington Metropolitan area providing Information Technology and Management Consulting services to both government and commercial clients. She is a Conscious Leadership Expert as well as a sought after speaker. She is also the recent recipient of the Global Technology and Innovation Leaders Award of the Decade presented by the Women’s Economic Forum and has received the

2012 BRAVA! Women Business Achievement Award; the Top 100 Women Leaders in STEM award; the 2013 Locally Grown honor from Network for Teaching Entrepreneurship, and the Abe Venable Legacy Award for Lifetime Achievement from the U.S. Department of Commerce’s Minority Business Agency. She holds B.A. degrees in Economics and Spanish from the University of Virginia.

@ [TheSpiritualCEO](https://www.TheSpiritualCEO.com) | alkadhillion.com

Publication Date: May 5, 2015 | Trade Paperback, SelectBooks

ISBN: 9781590792995 | \$16.95 | 224 pages

Women & Business | Stress Management | Spiritual



BARNES & NOBLE
BOOKSELLERS

amazon

amazon.co.uk

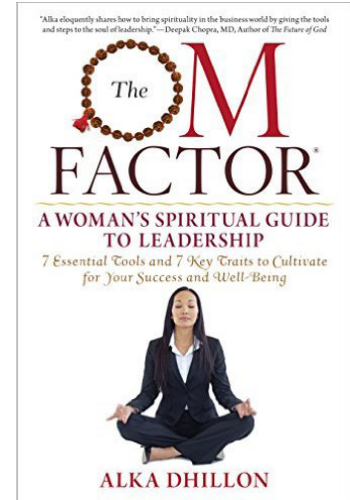
To request a review copy and for all publicity inquiries, please contact Winona Leon at winona@rarebirdlit.com and Heather Huzovic at heather@lisaweinert.com. (213) 623-1773 | Archer | Rare Bird Lit | 453 S. Spring St. Ste. 302 | Los Angeles, CA 90013

The OM FACTOR

A Woman's Spiritual Guide to Leadership

*7 Essential Tools and 7 Key Traits
to Cultivate for Your Success and Well-Being*

Ask Alka Dhillon...



1. What is the OM Factor?
2. When did you first discover your OM Factor?
3. How can a person develop their OM Factor?
4. Why is spirituality so important for the workplace?
5. As founder and CEO of Technalink, how important is spirituality in your company?
6. Do women and men react differently to stress? Why?
7. Do you think women's ability to negotiate while under stress is ultimately harmful?
8. What is your prescription to heal feelings of being overwhelmed?
9. Why is the OM Factor important for successful leadership?
10. How do you define true leadership?
11. You are committed to empowering minorities, women and youth to explore entrepreneurship and careers in Science, Technology, Engineering and Math (STEM). What type of work do you do in these communities?

*To request a review copy and for all publicity inquiries, please contact
Winona Leon at winona@rarebirdlit.com and Heather Huzovic at heather@lisaweinert.com.
(213) 623-1773 | Archer | Rare Bird Lit | 453 S. Spring St. Ste. 302 | Los Angeles, CA 90013*