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The OM
FACTOR®

A WOMAN'S SPIRITUAL GUIDE
TO LEADERSHIP

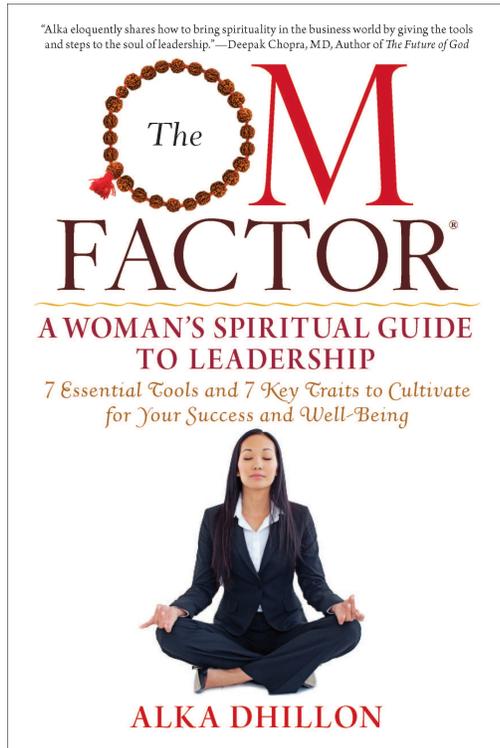
*7 Essential Tools and 7 Key Traits to Cultivate
for Your Success and Well-Being*



ALKA DHILLON

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Advance Praise

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“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*

Raise your consciousness, increase your productivity, and improve your well-being with

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 Alka Dhillon

The Harvard Business Review sums it up: Meditation increases productivity while reducing anxiety and mental stress.

Scientists have finally answered many questions about what happens during mindful, meditative states. The brain is calmer, more focused, more attentive and more in control, characteristics of value to leaders, executives, students and anyone striving for personal success. **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 Alka Dhillon (Select Books; May 5, 2015; \$16.95) shapes the benefits of meditation and other tools for use by women in their careers, and all aspects of their lives.

“This art of balancing harmoniously all these roles and relationships, being holistic in our approach to our well-being, as well as being successful at whatever we do in the workplace and at home during most of our waking hours, is The OM Factor,” Dhillon writes.

Individuals who have The OM Factor are able to deal with challenging situations as they arise. “They have learned to not react involuntarily to difficult situations but to intentionally respond to them,” she writes. “These people flow.”

Dhillon's book, complete with illustrations, removes the mystery from meditation and guides readers toward their own personal OM Factor. Unlike other books of advice for women in business, **THE OM FACTOR**[®]'s methods can be applied on the spot — in the middle of a meeting that isn't going well, for example, or anytime anxiety strikes. It's like having a team of leadership coaches on call.

Alka Dhillon is the award-winning CEO of Technalink, an Information Technology and Management consulting firm to both government and commercial clients in Metropolitan Washington, D.C. At the same time, as a first generation Indian-American, she is grounded by her practice of meditation and yoga, physical and spiritual traditions that are thousands of years old.

Dhillon wrote **THE OM FACTOR**[®] as a way to teach others how to cultivate their own personal success and well-being through the tools and techniques she utilizes in her daily life. She also recognizes that encouraging The OM Factor in others is an important part of finding it in oneself.

In addition to simplifying meditation, **THE OM FACTOR**[®] also provides **7 Essential Tools** to cope with stressful situations and negative emotions that arise during the day:

- When you feel overwhelmed
- When you feel inadequate
- When you feel anxious
- When you feel indecisive
- When you feel resentment or anger
- When you feel taken advantage of
- When you feel disrespected

Finally, **THE OM FACTOR**[®] provides **7 traits** to cultivate to encourage positive attributes, such as how to be present, open-minded or think creatively, with yoga poses chosen to achieve specific results.

Alka Dhillon's **THE OM FACTOR**[®] is not a collection of feel-good slogans and handholding affirmations. It's a user-friendly program of techniques that will help anyone, but especially women, be better at their jobs, more productive in their work, and happier in their personal lives.

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 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. She [contributes](#) to The Huffington Post and blogs at [The Spiritual CEO](#). And offers OM Factor related merchandise and advice at www.alkadhillion.com.

THE OM FACTOR[®]:
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BIOGRAPHY



Alka Dhillon is the founder and Chief Executive Officer (CEO) of [Technalink](#), Inc. Technalink has provided information technology (IT) services and management consulting solutions to both government and commercial clients for 15 years. Ms. Dhillon has over 19 years' experience in the information technology and management consulting industry.

In addition to her responsibilities as CEO of Technalink, Ms. Dhillon uses her passion for technology as platform to give back. She is committed to empowering youth to explore entrepreneurship and careers in science and technology. Ms. Dhillon is passionate about science, technology, engineering and math (STEM) and is a keynote speaker for the Girls in Technology organization (GIT) on the subject of Entrepreneurship and STEM to inspire more girls to pursue STEM related careers. Ms. Dhillon is actively involved in the Network for Teaching Entrepreneurship (NFTE) and serves as a board member.

Ms. Dhillon has been honored with numerous awards not only for her professional achievements, but also for her commitment to serving her community. Her accolades include receiving the 2012 BRAVA! Women Business Achievement Award presented by SmartCEO, the Top 100 Women Leaders in STEM, the 2013 Locally Grown honor by Network for Teaching Entrepreneurship (NFTE) and the Abe Veneable Legacy Award for Lifetime Achievement presented by the U.S. Department of Commerce's Minority Business Agency (MBDA).

Ms. Dhillon holds B.A. degrees in Economics and Spanish from the University of Virginia.

SUGGESTED INTERVIEW QUESTIONS FOR **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?