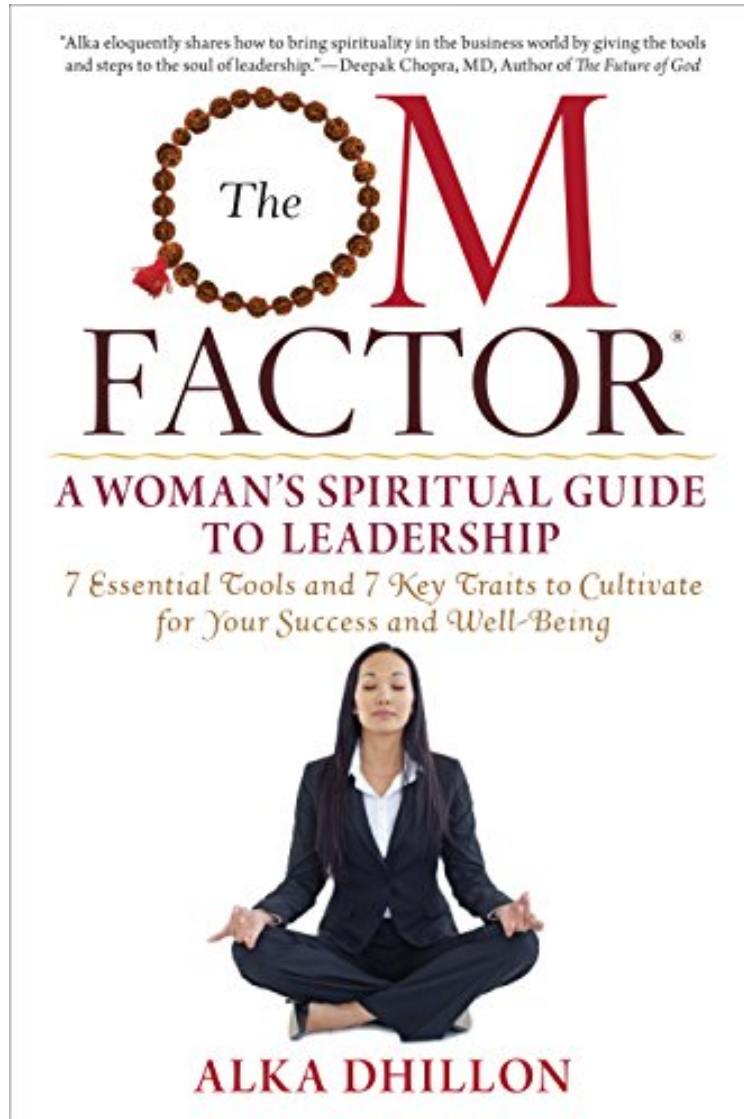


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The OM Factor: A Woman's Spiritual Guide to Leadership

Alka Dhillon

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How can successful women flourish when they're caught in a never-ending battle of seemingly conflicting interests: ambitions to pursue demanding careers, dedication to home and family, desire for intellectual self-improvement, and yearning for fulfillment of emotional and spiritual needs? Alka Dhillon presents today's women with a unique program that integrates the disparate aspects of their lives into a harmonious whole. *The OM Factor: A Woman's Spiritual Guide to Leadership* provides seven essential tools and seven key character traits to cultivate for personal success and well-being. Women who develop their OM Factor benefit from engaging both immediate and long-term fixes to deal with stress and imbalance. The author describes seven "plug-and-play" tools designed to quickly deliver effective results in emotionally challenging situations. Recommendations for applying the tools are followed by ways to cultivate seven important traits to achieve a spiritual evolution. Each trait is accompanied by a corresponding yoga pose, including photographs and instructions, lending the reader a dynamic manifestation of the trait's essence. Alka Dhillon brings her years of success as a CEO and entrepreneur to help you discover your own roadmap to equilibrium. *The OM Factor* will help you to achieve internal fulfillment and engender your external success.

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) 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*. (Dr. Wayne W. Dyer) "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) I love this Book! It helps women with practical tools to find their centre and know their source to find fulfillment and create the success they want. Read it, practice it, share it. (Agapi Stassinopoulos) About the Author Alka Dhillon is the founder and Chief Executive Officer (CEO) of Technalink Inc., one of the fastest growing technology companies in the Washington Metropolitan area. 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.