

# GOLDEN EDGE series

## TIMELESS PRINCIPLES *of* INSPIRED LEADERSHIP



Dr. S. Sabesan is a Positive Psychologist, leadership coach, and Professor of Practice at VIT Chennai with over three decades of experience across academia and industry. He has coached 40+ senior leaders, helping them enhance self-awareness and lead with clarity in complex environments. His approach integrates psychometric insights, structured coaching frameworks, and practical leadership wisdom. A recognized thought leader in employee well-being, he has developed frameworks that enable sustainable performance. He is a recipient of the InSPA Leadership Award (2024), the Psychometric Educational Services Award for HRD contributions, the All-India Merit Award from ISTD, and the Distinguished Alumnus Award from Annamalai University. As Founder of Growth Catalyst, author, researcher, and speaker, he continues to influence leadership and human potential.

### Invitation

## FIND YOUR TRUE NORTH

(Finding Purpose Clarity,  
and Sustainable Success in a  
Demanding World)

TALK BY

**DR. S. SABESAN**

PSYCHOLOGIST, LEADERSHIP COACH,  
AND PROFESSOR OF PRACTICE AT  
VIT CHENNAI

**MAY**  
**9**  
**2026**

SATURDAY  
6:15 pm - 7:30 pm

**TANISHQ**

Old No.AA3, New, 10,  
2nd Ave, Anna Nagar, Chennai

PARTNER



Chennai Counselor  
Foundation



**Route Map to  
the Venue -  
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## SYNOPSIS

In the current demanding and digital world, success brings rewards but also a constant pressure to excel. Over time, this pressure can blur priorities, drain energy, and create distress, even among successful people.

In this context, a deeper question emerges: are individuals merely surviving or truly thriving? Are they adding years to life, or life to their years? Find Your True North invites individuals to strategically pause, reflect, reset, recalibrate, and realign so they gain clarity, rediscover purpose, and move forward with intention.

This session draws on Ikigai to rediscover meaning and direction, and anchors the journey in the PERMA Model, translating well-being into practical ways to sustain energy and effectiveness.

Blending psychology with real corporate insights, the session enables participants to think clearly, act with intention, and sustain high performance so they consistently burn bright with purpose, energy, and impact.

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## PROGRAMME

- 6:00 PM     **Tea/Coffee/Networking**
- 6:15 PM     **Welcome Address & Introduction  
of the Speaker**
- 6.20 PM     **Address by the Speaker**  
**Dr. S. Sabesan**  
Psychologist, leadership coach, and Professor of  
Practice at VIT Chennai
- 7:05 PM     **Q&A**
- 7:20 PM     **Vote of Thanks**

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For Registration, mail to **stephy@rvinds.com**  
or contact **Ms Stephy on 97915 27507**

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