



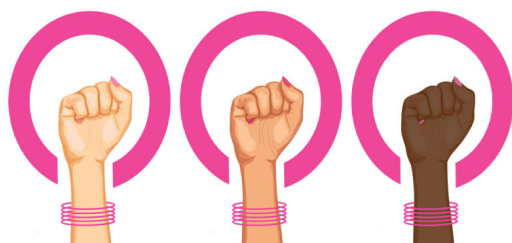
PRAGYA
Living Wisdom Centre

"Empowering women isn't just the right thing to do—it's the smart thing to do,

When women succeed, nations are more safe, more secure, and more prosperous."

- *Barack Obama*

Modern day living requires women to adopt a new approach to manage a multitude of demands they face: work pressure; challenges at home; anxieties around career growth; work life integration and



balance; need for 'me time'; dealing with tough people, and a myriad of things that require their focus. The fallout... women tend to lose sight of themselves. Over time, this can impact their self esteem, affecting their aspirations and growth.

Pragya's objective through these experiential programs is to create awareness and transformation to the often overlooked aspects of self development and care – mental, emotional, social, professional and spiritual. The intent is to provide an integrated tool – kit for holistic wellbeing, which goes beyond the regular diet and exercise routine, so that women can thrive in their careers and their personal lives.

The programs offered here are mini workshops: each of which can be expanded into 1–2 day workshops and extended coaching sessions – individual and small group.

The Empowered Woman – experiential mini workshops

Specific Objectives to be met through the learning intervention –

1. Build self esteem: self confidence in the lady participants of AWBN
2. Inspire career growth

Recommended program that addresses both objectives is **Breaking Inner Barriers to Success**. This will be introduced as an experiential mini workshop of about 2–3 hours and will be complimentary as Pragya also believes in inclusivity at the workplace.

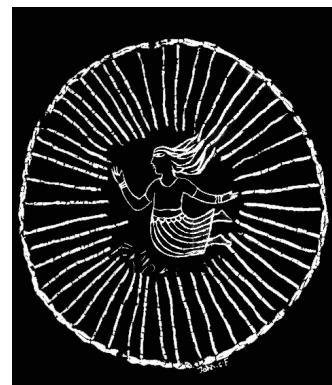
Program Brief –

This introductory workshop will help participants to –

- become aware as well as realize how underlying beliefs restrict the self, and block success in personal and professional life
- explore self-sabotaging thought patterns and transform them into empowering beliefs.



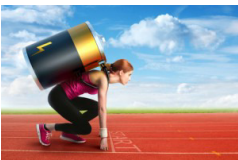
In our day-to-day lives we are held prisoners in our web of thoughts and repeated challenging situations in relationships, physical health, finances and career. How empowering would it be, if we are able crack the code to break free from these inner barriers, and transform challenges into successful experiences! This program aims to inspire men and women to do just this.

The program could be kept open for all to attend and benefit. This mini module has the potential to be converted to a 2 day program, or an extended coaching series either one on one or in small groups. At VMware we have delivered this as an individual coaching program for the senior leadership (Senior Directors). The program was aptly called Rise.



At Pragya, we believe in using an integrated approach. Our experience of working with individuals, teams and organizations spanning a decade has often brought to our attention that, the roots for lack of confidence – limited self worth and self esteem – lie deep in the core of the person. And the causes could be wide ranging – from daily sporadic incidents that lead to emotional wounds to deep seated trauma. Besides Inner Barriers to Success, the following programs also address these challenges, especially for working women. Our approach combines transformation at the core as well as skill development.

Our other offerings –

Program Name	Duration (flexible)	Focus
Mindfulness and Emotional Intelligence		
<p>Mindfulness @ Work</p> 	<p>2-3 hours</p>	<p>Mindfulness is becoming increasingly popular in the corporate today for its wide range of benefits. Organizations like Google, Nike, HP, Aetna have all integrated mindfulness into their work culture.</p> <p>This introductory <i>neuroscience-based</i> workshop helps participants to shift from conventional auto pilot mode of thinking to becoming alert, attentive and strategic in their thoughts and work resulting in less stress, higher productivity and greater joy and fulfilment.</p> <p>Participants will learn to Pause, be Present and become highly Productive.</p>
<p>Emotional Freedom</p> 	<p>2 – 3 hours</p>	<p>Emotions and vulnerability are part of who we are. If we want true authenticity and power at work, we need to be willing to feel and acknowledge our emotions while being, "more wholehearted."</p> <p>Charles Duhigg in his new book <i>Smarter Faster Better</i> validates the fact that high-performing teams offer both emotional safety and ways for their members to productively disagree. It is vital to learn to become emotionally mature in our dealings with the self and others. Awareness and expression of emotions in a safe way is key to improved awareness of the self and the other, resulting in the flow of empathy and deep bonds within teams. Effective techniques to release stress, rejuvenate and bring quick balance in tough situations will serve as a perfect toolkit for optimum emotional self care.</p>
<p>Release & Re-energize</p> 	<p>2 – 3 hours</p>	<p>A fantastic energizer! Learn and practise ways to release blocked energy, mental stress, physical lethargy and tiredness that easily accumulates in each of us, even as we manage routine tasks. This can double or triple when one is stressed.</p> <p>Physical fatigue is often a sign of accumulated stress and if not released through safe ways can lead to poor emotional balance, lowered productivity and eventually lifestyle diseases.</p>

Awaken – Tap Potential Within; Explore Hidden Capabilities and Talents

Break Through Inner Barriers to Success

2 – 3
hours

Awareness of underlying beliefs systems that restrict you in career and life. Begin the de-conditioning process to bring success, happiness and wellbeing in all aspects of daily life.



Details already mentioned.

Prosperity Consciousness

2 – 3
hours

Neuroscience and brain research reveals the level of prosperity consciousness determines the nature of thoughts and feelings a person possesses that impact his/her reality.



In other words, how successful we are in our career is determined by prosperity consciousness. Thus, both poverty (working from a space lack) and wealth (operating from limitlessness) are the result of a state of mind.

By using a specific set of tools, we can root out the negative thinking which is causing us to experience lack and transform our lives on all levels and attract a bounty of abundance as a woman – time, energy and resources.

Health and Wellness

Mindful Eating

2 – 3
hours

This program goes **beyond eating right**. We display and cope with stress through dysfunctional food choices and eating habits, as well as through our beliefs and attitudes towards food and eating.



The workshops first establishes the foundation of Mindfulness practice. Tips to **listen to the body and its needs** to develop a healthy and personal relationship with food and your self, leading to improved sense of wellbeing and confidence are aspects that will be addressed.

Research has shown that in today's world self perception of our body and our eating patterns are directly connected with one's self esteem, hence confidence.

DEAR – Drop Everything and Recharge

3–4 hours
Full
program is
a 1 day
offering

Simple quantum science and neuroscience detox tools like **dynamic dance, breathing, BrainTap, art therapy** and the **5 elements** bring back balance in the mind-body-emotions- spirit to put one back in action at work and in life with greater verve, creativity and joy.

Assured result of experiencing at least 50 percent improvement in

overall wellness. The experiential exercises are usually followed by a **wisdom talk** which addresses the specific needs of the audience.

This is a monthly complimentary offering.

Communication, Influencing and Persuasive Skills

The Power of Voice

2 – 3
hours



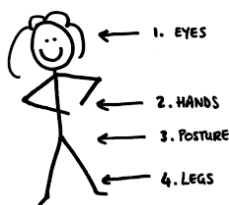
It is not what I say but how I say it that determines whether I am listened to or not.

Over the phone, the impact of voice is 84% versus words which is 16%. Thus knowing how to prepare oneself for **'across-power'** conversations is important, whether we are talking to a leader or a peer or a team member.

Practical Mindfulness to pause and to breathe deeply so as to bring out the power of the voice can be learnt. You will learn to use your voice clearly and confidently for **positive influence** and to facilitate **successful interactions**.

Body Language

2 – 3
hours



As young girls, women are made to follow certain invisible rules, which as implied by the society helps them feel safe. Often cultural conditioning enforces traits that foster conventional femininity, which emphasize the softer aspects of human nature, which may show up as non-assertion and lack of confidence at work.

Over years, this conditioning has ensured that women toe the line, which is why even today, when there has been so much focus on women empowerment, women are still struggling to express the real me – a conflict.

The body never lies. Body language brings out in the open such conditioning and deep seated limiting beliefs.

Theatre based exercises help women use body awareness and posture to establish congruence in nonverbal communication and create impactful presence i.e. confidence. This forms the core learning of this playshop.

Mindful Leadership

Who Am I?

2 – 3
hours



According to research by Pepperdine University, Fortune 500 companies with three or more women on the board outperform other companies — with 53 percent more return on equity, 42 percent more return on sales, and 66 percent more return on invested capital.

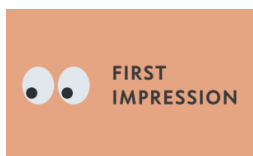
Therapeutic storytelling is a powerful way to give women leaders an insight into themselves, their strengths, motivations and life learnings. Enables more authentic engagement with self and others, thus enhancing self esteem and self worth.

First Impression

3-4 hours

Empowerment means possessing and driving development goals that target women in leadership positions and/or their participation in key decisions.

How to influence and make an impression when the time available is short – may be just a minute! What to do to deliver information that will stay in the minds of people? How to make passion for work visible in the eyes of the E-suite and C-suite leaders?



Family Living

Conscious Parenting

2 – 3 hours

Motherhood is often another expression for womanhood. Parenting is integral to most working women.

Transform yourself, empower your children. Simple shifts can bring about profound changes in the parent-child relationship and more ease into parenting.

As you learn to bring joy and fulfilment in your parental role, you can pick up insights through principles of conscious parenting that are as resoundingly successful in bringing joy and harmony at work.

This too is a celebration of the self!



Endorsements –

Charusmitha Rao, Head, Learning & Development, India and APJ, Akamai Technologies

Research has shown that women are less likely to receive the first critical promotion to manager—so far fewer end up on the path to leadership—and are less likely to be hired into more senior positions. Women also get less access to the people, input, and opportunities that accelerate careers. As a result, the higher you look in companies, the fewer women you see.

This program from **Pragya** is a great way to create a culture of gender balanced leadership. Some of the challenges we face are very unique to women. Women executives rarely get an opportunity to meet other women and share their experiences in a learning environment that has personal impact. This program has given me a life changing experience. The design is spread across various thought through interventions providing a space for debate, dialogue and sharing. It helped me develop a better understanding of my personal leadership style, access my strengths and work on my self-limiting beliefs which enabled me to lead change effectively in my business. The favourite part of the program is working with a coach: this provides ongoing support for both personal and professional development. Veda's rich, diverse experience, versatile style and wisdom make her not just an excellent facilitator but someone the participants can look up to as a strong woman leader. Her listening skills, empathy and facilitation skills add the 'X' factor to this program.

Dr. A. Sundaravalli, Convenor, Nutrition Society of India, Bangalore Chapter; HOD & Associate Professor, Department of Home Science, Mount Carmel College, Autonomous

The *Mindful Eating Workshop* organized by the **Nutrition Society of India** and the **Department of Food & Nutrition and Research**, aimed to uplift the mind, body and soul through mindful eating.

It started with the importance of self-awareness through a simple mindfulness meditation. This enhanced deeply our ability to listen to both the body, and the commands of mind while eating rather than be driven by the tongue.

The students and professionals – professors, research scientists - of *Nutrition and Dietetics* will now be able to practise the insights of the workshop, on themselves as well as their clients, as food is the best medicine; and eating mindfully aids it better.

Ms. Kapila Ramakrishnan and Ms Veda Mohan from **Pragya Living Wisdom Centre** made us walk through the sessions with activities specially designed to support each individual develop the practice of eating mindfully in their daily life. I would greatly recommend this workshop to everyone, as eating mindfully can influence our health and wellbeing, especially *people who have a busy life*.

Urvashi Singh, Manager Learning & Development, Cyient

I have known and worked with the **Pragya** team members for a long time now. While at Cyient, we have worked on Communication related programs and also forayed into the area of Diversity and Inclusion.

During my journey, not only did I find the **Pragya** Team very knowledgeable and skillful but also very genuine.

Their understanding of what organizations/ teams and even individuals require runs deep through their collective experience and study in both life skills and organizational skills. They are aware of the latest trends in learning activities and also adapt to the new methodologies basis what will work for the organizations keeping in mind the challenges.

Their programs are designed to help individuals improve even whilst being trained in a group. They have time and again gone out of the way to ensure customer satisfaction and made a difference.

Thank you Veda, Kapila and Neetu for the support. It's always lovely to work with you'll.

Roopashri VY, Global Leader Development, Dell

As we celebrate women's day/week/month with a hope we reach a stage where we don't need such dedicated date & time to celebrate who we are,

I believe in celebration of every day every moment and when I work with people like you it only makes it more meaningful.

Thank you for everything you do and specifically your thought-leadership on the intervention for the women's leadership development program.

We started on a blank canvas and end of it we sure did have a beautiful and colorful picture.

It was not easy but you made it happen.

The journey was of transformation for each and every participant, I say this as I have witnessed it.

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