

# LovingMe

**LovingMe**, is an exclusive space for women of all classes, beliefs and values. A space you call yours, to share your journey, to create a new one and to explore the unlimited you. Space to freely look at mirrors that reflect the 'true' me, without judgments and biases. LovingMe is about you, your feelings, your stories, your life.



“ I am an expression of the divine, just like a peach is, just like a fish is. I have a right to be this way...I can't apologize for that, nor can I change it, nor do I want to... We will never have to be other than who we are in order to be successful...We realize that we are as ourselves unlimited and our experiences valid. It is for the rest of the world to recognize this, if they choose. ”

- **Color Purple, Alice Walker**

This is a two day informal workshop.

The intent of these two days:

Unconditional acceptance of self which will enhance living each moment with completeness.

- To understand self in the past and present
- To listen to my inner voice
- To look at all aspects of life and build focus on the desired future
- To contain all parts of self
- To hold subjectivity and objectivity simultaneously

Who can attend

An entrepreneur, an employee, a homemaker, if you have taken a sabbatical, if you are at crossroads in your career, if you want to make a comeback to work, you are welcome. Come for you!

Methodology

Interactive sessions in a semi structured way. Experiential way of learning which enables the participant to get in touch with her core.

# about the facilitator



**Manisha  
Jayaraman**

Manisha's competence lies in group and organization process development and working as a change agent. She has vast experience in the field of consulting, facilitating, training, coaching and counseling individuals and groups, across industries like I.T, Manufacturing, Construction, Pharma, Management Institutions, Social Sector etc. Manisha caters to a spectrum of behavioral and development programs ranging from Transformational Leadership to Emotional Intelligence. Her specialities include:

- Diagnosing existing culture in the organizations, identifying its strengths and building up on them.
- Creating a culture of trust and openness across the lines.
- Promoting Non-Violent Communication in organizations as a way of life.
- Gender Sensitization.
- Sensitivity Training Programmes catering to top and middle management teams This includes semi structured, explorative human process laboratories on leadership, group dynamics, communication etc.
- Executive Coaching.

Manisha holds a Masters degree in Science, a MBA in behavioural Sciences and a degree in Education. She is a certified coach. She is certified in ECR (Emotional Capital Report) from Roche-Martin, Australia. She also holds certification in counseling. Manisha is associated with ISABS (Indian Society of Applied Behavioural Sciences) since seven years and at present interning with ISABS.

Manisha, besides being passionately involved as a consultant and a trainer, heads a grass root level social organization.



**Payal  
Gupta**

Payal has extensive experience of leading consulting and coaching assignments across a range of industries; Social Organizations, sectors like - Manufacturing, Print and Media, IT, BFSI, Education, Consulting and more. Payal, is an executive coach and organization development consultant. She specializes in:

- Organizational Assessment of culture and climate to leverage strengths and be future-ready
- Designing and facilitating high level multiple stakeholder process to bring in the culture of transparency and ownership
- Working with organizations to nurture organizational culture of transparency and openness
- Building professional capability in owner driven organizations
- Moving away from transactional leadership to transformational leadership
- Developing Coaching skills in Leaders
- Facilitating mentoring process in organizations
- Sensitivity Training Programmes for teams across all levels - semi structured, human process laboratories on leadership, group dynamics, communication and more
- Working with organizations to encourage and engage with diversity

Payal holds a Masters in English Literature, a MBA in Human Resources, she is a Certified Coach and an Organization Development Consultant. She has completed her Entrepreneur Development Certificate from Indian School of Business (ISB). She is a certified Appreciative Inquiry Practitioner.

## when & where

**Date:** December 3 and 4, 2014 • **Time:** 9:30 a.m. to 5:30 p.m.

**Location:** Zorba the Buddha, 7, Tropical Drive, Near Ghitorni Metro Station, Ghitorni, New Delhi, Delhi 110030

**Participation Fee:** INR 8000/- (Plus 12.36% Service Tax)  
**Number of participants :** Max 15



want to know more / to attend, you can write or call to

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