



Redefine Rethink Relook Rewind Revive Remember Reflect
Recalibrate Relax Reimagine Recreate Rediscover Redefine
Rethink Relook Rewind Revive Remember Reflect Relax
Recalibrate Relax Redefine Rethink Relook Rewind Revive
Remember Reflect Recalibrate Relax Reimagine Recreate
Rediscover Redefine Rethink Relook Rewind Revive
Remember Reflect Relax Redefine Rethink Relook Rewind
Revive Remember Recalibrate Relax Reflect Recalibrate
Relax Remember Relook Rewind Revive Remember
Reflect Recalibrate Relax Reimagine Recreate Rediscover
Redefine Rethink Relook Rewind Revive Remember Reflect
Relax Redefine Rethink Relook Rewind Revive Remember
Recalibrate Relax Reflect Recalibrate Relax Redefine
Rethink Relook Rewind Revive Remember Reflect
Recalibrate Relax Reimagine Recreate Rediscover Redefine
Rethink Relook Rewind Revive Remember Reflect Relax
Redefine Rethink Relook Rewind Revive Remember

Celebrating Work and Life



Celebrating Work and Life

As professionals, we live in many dimensions of life at the same time – work, home, relationships, social life and may be more. Our world is ‘always on’ and rarely do we have the luxury to pause and contemplate. Goals, dreams, desires, ambitions dance through our minds in random moments and then flicker away into the busyness of business. Have you experienced this? Take a pause, may be even a full stop. Stop doing and enjoy being, the core you!

Celebrating Work and Life, is a curated, unique and transformational experience. It is designed to inspire success, happiness and creativity. Invest two days away from the city’s madness in a tranquil backdrop where you take a journey deep into yourself. Reflect on your life, dreams, ambitions and the impact you would like to make. Discover your vision, goals, strengths and much more. Explore what is holding you back. Walk away with a personal action plan that you are happy committing energy to. Explore and equip yourself with tools and skills to build the mindsets that celebrate being you.



Benefits

Connect to your self and the world around in deep and meaningful ways

Discover your potential and inhibitions within

Bring to life your hidden talents

Nourish your body, mind and soul with peace and relaxation

Open up - celebrate you and your world

Program Content

Exploring you and your life journey so far

Reconnecting you and your emotions through sensory experience

Articulating your vision and goals for success and happiness

Expressing yourself through art and engagement

Chalking out a personal action plan

Recognising potential derailers

Securing your plan with energy, commitment and celebration

Developing a vibrant outlook through art appreciation

Rejuvenating yourself through yoga, meditation and more

Contributing to a cause you care for (may be a CSR project)

Who should attend?

Talented mid- career women professionals who seek opportunities for growth and fulfillment. This will be a transformational program right at the intersection of work and life. When they explore and celebrate being who they are, they can multiply their strengths and contribution at work. This group of women can seed a community of women professionals and share many more experiences together and support each other. They can find the energy and courage to take that bold next step in their careers and growth in their personal life.

Methodology

We like to keep things energetic, fun and relaxing. Art, Coaching, Journaling, Mindful practices based on neuroscience, Yoga and meditation are some of the tools we will use. We offer two follow up coaching sessions to the group based on availability and agreements. This will go a long way in helping participants sustain their commitment to goals and actions.



Faculty



Latha Emmatty Gupta

Latha Emmatty Gupta is the founder of a boutique consulting firm, OD Mantra. Her purpose is to inspire success and happiness. Her work is about developing the human side of leadership in a robotic world. She is passionate about helping people appreciate the beauty of their work and living a holistic life.

Latha's corporate career as a C Suite Woman Executive, Coach and Human Resources practitioner in large MNC corporations such as Royal Bank of Scotland, American Express, NIIT and METRO AG gave her a well-rounded exposure in leading people and driving business goals. She has led diverse functions beyond HR such as Finance, Corporate Communications, Real Estate, Technology and led a Leadership Academy.

Latha has driven the people agenda in boardrooms and delivered leadership development programs for over two decades. She is an ICF(International Coach Federation) Accredited Coach and a Reflector Big 5 Master Practitioner. Her Executive Education from INSEAD France, helps her bring the right dose of creativity and deliver value to her clients.

Her quest for happiness led her to the ancient Indian teachings of Yoga as taught by Paramhansa Yogananda. She studied these teachings extensively and attended several courses in India and America. Latha is an International Yoga Alliance accredited Teacher Trainer and continuing education provider for Yoga and Meditation. An engaging speaker, she has given keynotes at leading academic institutions and industry associations. Her workshops and interventions offer practical tools and builds skills that participants can apply in deep and transformational ways.



Priyanka Choudhary

Performance Art isn't theatre, says the artist, it is a way of engaging directly with social reality, the specifics of space and politics of identity. Priyanka has taken her belief to New York, Mexico, South Africa, Belgium, France and of course, various parts of India. Her works have found their way to important collectors globally and she has been awarded scholarships and prestigious residencies abroad to develop her practise. Her work has been critically examined in seminars and art journals and she has been shortlisted for the Skoda Prize.

Bringing together her experience as an art educator in educational institutes, art director in advertising and several solo and group exhibitions at major art venues, the Why Art Initiative(WAI) seems to have been inspired by her journey. Through performance art based workshops designed to make art experience an integral part of life, she has conducted several programs. Priyanka hopes to objectify human conflict in order to try and solve it through simple actions. The corporate world could find performance art as deeply reflective, stress management regime easy to practice.

We would love to connect with you and share more about the program. Let's discuss next steps to take this program to your woman leaders soon.

Contact us : latha@odmantra.com

Speak to us at : +91 8888858429

Visit us at : www.ODmantra.com