



KAVYATA
REIMAGINE WORK

Urja – Rekindle the Energy Within

19-20-21 April at Faraway Renz, Uttarakhand



A 3 day intense and invigorating workshop of **self-discovery, emotional flexibility** and **inspiration**, based on brain, social and human sciences

Why Urja - Rekindle the Energy (for individuals)

- Many people find themselves **confused, unhappy, plateaued** or **adrift** in their work and career
- Reinventing themselves is a critical need because of
 - Business or organizational ask to become more flexible and adaptive, given rapid rate of change
 - Burnout, high stress, disengagement resulting from unsatisfactory career choices and work not being aligned to own interests, talents and needs
 - External factors such as industry downturn, organizational changes, more promising opportunities outside current domain etc
 - Rapid rate of obsolescence of skills and expectation to re-skill and up-skill continuously

Why Urja - Rekindle the Energy (for organizations)

- ▶ In VUCA world, **transitions and change are continuously experienced realities**
- ▶ Equipping people with capability to deal with transitions is essential because
 - ▶ Agile, responsive organizations require agile and emotionally flexible people
 - ▶ Attracting and retaining the best talent hinges on providing them opportunities to set their own career direction and skilling them to deal with transitions
 - ▶ Innovation can best be driven by those who have fluid and open perspectives - coaching them to develop this involves expanding the ways in which they view themselves, their potentials and others

The Promise of Urja - Rekindle the Energy

- Finding the **Energy to Reinvent/Transition** is most vital
- This Energy arises from understanding your
 - Deeper aspirations around work, career, life
 - Self - your strong suits, limiting patterns, latent potential

And aligning these to

- Opportunities and career directions which are present and emerging in the environment

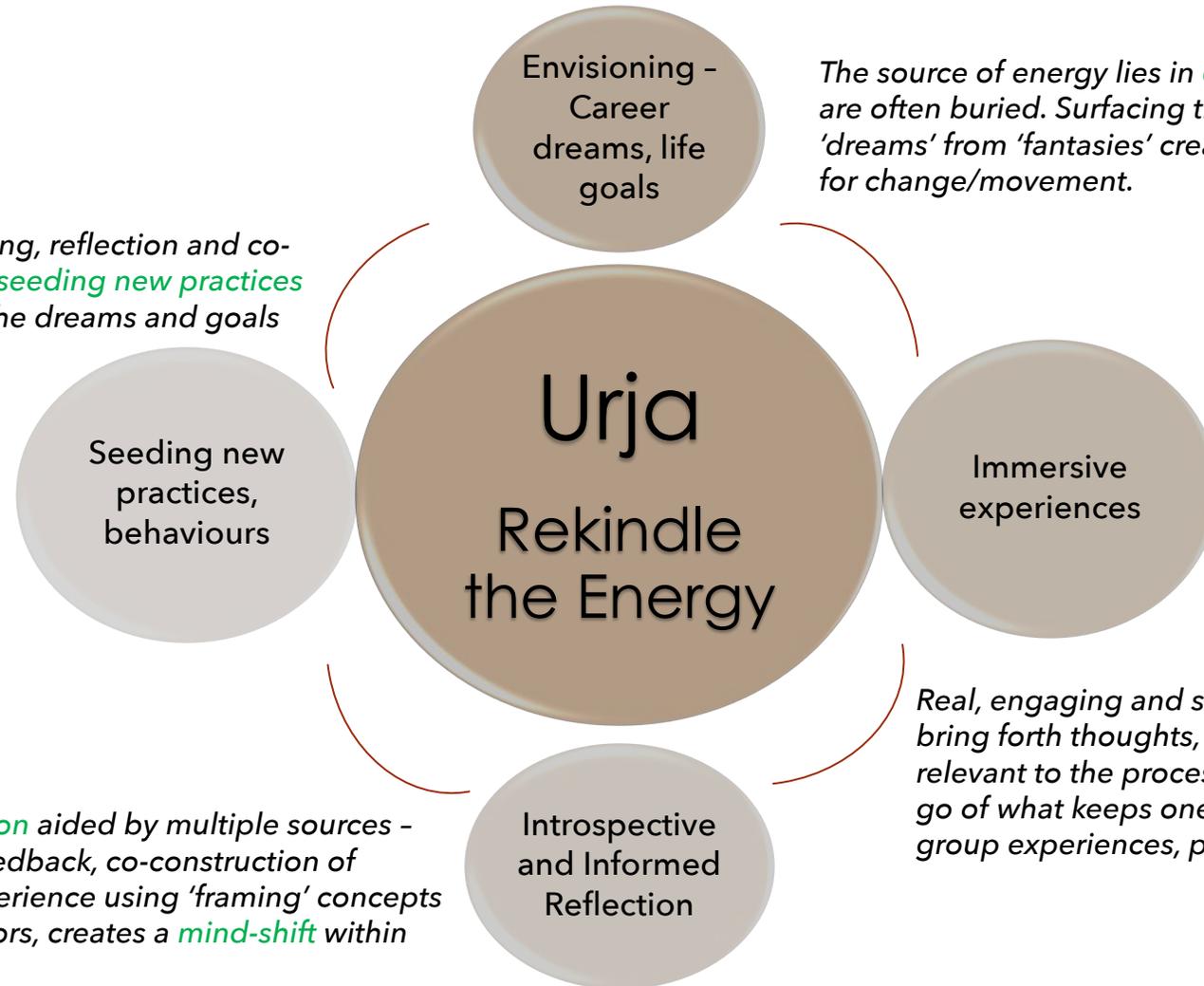
Urja – Key Takeaways

- **Energize** yourself to act on your deeper desires and hidden potential
- **Reshape** your work/career aligned to your talents, values and needs
- **Understand patterns** of your thoughts-feelings-actions and their impact on your professional journey. Learn how to change these.
- **Become intentional** about personal and professional decisions

Urja – Methodology

To ensure '*real transfer*' of learning, reflection and co-construction will be tied in with *seeding new practices* and behaviours to bring to life the dreams and goals that one finds for herself

Thoughtful *introspection* aided by multiple sources - self-reflection, peer feedback, co-construction of meaning from the experience using 'framing' concepts introduced by facilitators, creates a *mind-shift* within the participant.



The source of energy lies in *dreams and goals*- these are often buried. Surfacing these, and distinguishing 'dreams' from 'fantasies' creates energy and the seed for change/movement.

Real, engaging and sometimes emotional *experiences* bring forth thoughts, emotions and conversations relevant to the process of taking new steps and letting go of what keeps one stuck. These experiences include group experiences, physical activities, re-enactments etc

Urja Details

Dates	19 April 3.00 p.m. - 21 April 4.00 p.m. Fully residential program
No. of participants	12 max. Accommodation on twin-sharing basis
Program Fees	INR 30,000. This includes Program facilitation charges, stay, all meals and snacks, 4 months post program group coaching and applicable taxes. It does not include travel to and from the venue.
Last date to register	10 April, 2019
Last date to cancel	12 April, 2019. Any cancellation beyond this date, will result in 20% of the program fees being retained. The balance will be refunded.
Early bird offer	5% off for registration by 15 March, 2019
Group discounts	10% off for a group registration of 3 or more participants
Venue Partner	Faraway Renz, Uttarakhand www.farawayventures.com Rated 5.0 on TripAdvisor
For travel and venue queries	Contact Rishi Sanwal @ 9818602228

About Kavyata

Kavyata means 'wisdom' in Sanskrit. We are a group of practitioners, facilitators, coaches and thinkers committed to facilitating insights and wisdom around **Work**-for individuals and organizations.

We offer experiential workshops on critical skills of the future such as self-awareness, emotional flexibility and change readiness. We also support **individuals** in their professional and personal growth through Career Transition Coaching and Growth Coaching.

With our training in Applied Behavioural Sciences and the extensive work we have done in Organization Development and Change Management, we understand organizations as living systems which are continuously evolving. We partner with **organizations** to foster practices, systems and designs which have human agency at their core and enable work which is meaningful and impactful.

Urja facilitators



Kavita Neelakantan, an alumna of IIM Ahmedabad, has been a social entrepreneur, change consultant, experiential learning facilitator and coach for over 17 years. She founded Kavyata to enable people to Reimagine Work. She has completed her internship in Applied Behavioural Sciences from Sumedhas Academy of Human Context.

Manjunath Nanjaiah, a computer science graduate and serial entrepreneur has worked in the Silicon Valley, USA for 12 years. He has interests in Behavioural Finance, Big Data and Entrepreneurial Mindset. He has formerly been the Chief Cultural Officer of iSPIRT, a think tank for the Indian software products industry.



Neeru Gupta, previously headed the Learning function of McKinsey India. Having worked in diverse roles as an entrepreneur, coach and part of a fast paced consulting industry for over 20 years, she understands the demands, complexities and problems, executives are faced with in today's ever-changing business environment.



To Register

Call: Kavita 9910671695 (Gurgaon)

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