



PARIVARTANA

Prepare To Transform

Life transformation workshops that will help you bloom and thrive.



PARIVARTANA

is a program to enable you to:

Achieve your fullest potential.

Build and maintain healthy relationships.

Create harmony at home and in the workplace.

Function at peak performance levels at the workplace.

Proficiently handle the demands of day to day living.

Day 1 is devoted to understanding oneself, where we are and where we want to go. Developing our vision, setting goals and building the commitment to transform our lives.

Day 2: We look at our habits, behaviours and communication styles. We then identify the obstacles and prepare an action plan to develop our skills and undertake our transformation.

The 2 day workshop is a coach led interactive program with each day's activity spread over 6 hours. Participants are provided with course material and a workbook.

Post the workshop, each participant can interact with the coach as they continue to work on their individual transformations.

Therapeutic benefits may accrue to those who embark on the journey because of their self-discovery, awareness and the transformation that they undertake.

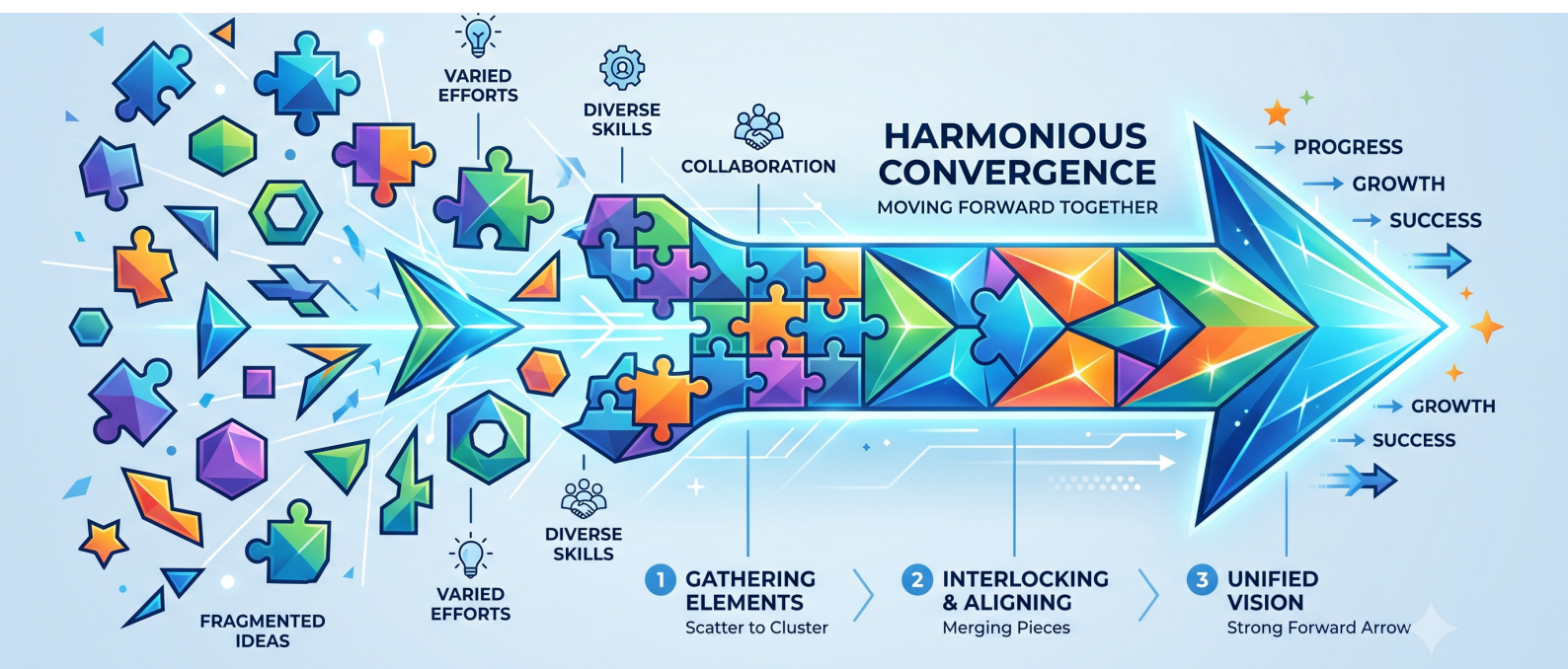


PARIVARTANA

Prepare To Transform

Beyond the Self: Building the High-Performance Collective A 1-Day Masterclass for Teams Ready to Elevate

Your personal growth journey has transformed how you lead, think, and show up. But true organizational impact doesn't happen in isolation. Individual transformation is simply the launchpad. The time is now ripe for Team Transformation. When self-aware individuals unite with a shared purpose, they unlock an entirely new level of collective intelligence. This high-impact, 6-hour masterclass bridges the gap between individual brilliance and team harmony, turning friction into your greatest asset for innovation.



What We Will Achieve Together

Psychological Safety: Build an unbreakable, brave foundation where radical candor replaces polite silence.

Friction to Fuel: Master the art of productive, ideological conflict to solve problems without damaging relationships.

Structural Harmony: Eliminate role ambiguity, align on a singular "North Star,"

Collective Creativity: Demolish groupthink and tap into high-velocity, collaborative innovation.

Peak Efficacy: Build immediate, lasting operational habits that turn alignment into daily, high-performance results.

Workshop Details

Duration:

6 Hours
(Full-Day Intensive)

Designed For:

Intact leadership teams, cross-functional units, and high-growth squads.

Approach:

10% Theory,
90% Deep Experiential Action
and Coaching.



PARIVARTANA

Prepare To Transform

PARIVARTANA ENABLES YOU

Achieve your fullest potential.
Build and maintain healthy relationships
Create harmony at home and in the workplace
Function at peak performance levels at the workplace
Attain freedom from limiting beliefs, mindsets, and habits.



Alignment and Harmony

Team excellence results when all individuals are aligned to the Corporate vision and also to their own personal True North. In this day long workshop, the team explores what behaviours are needed to accomplish the team's vision. How their own personality traits contribute or hinder team cohesiveness. How they can communicate such that team efficacy is improved and how they can become a cohesive group. At the end of the workshop, participants gain insights into the personal transformation they need to bring about and then commit to make and sustain the change.

Developing a Growth mindset

The mindset that we have plays a significant role in our life journey. A growth mindset is a belief that you can develop your skills and talents through hard work, the right strategies, and guidance from others. A fixed mindset is essentially the belief that abilities are innate and fixed from birth. In this workshop, participants will gain an understanding of their own mindset learn practical tools to nurture and sustain the growth mindset such that it can positively impact their professional journey.



Embracing change

Day by day, the world we live in is becoming more complex, volatile and uncertain. Change is a constant and the rate of change is increasing exponentially. This is impacting the workplace as well as the individual. It is important that we develop the ability to positively cope with change. In this workshop, participants will gain awareness and insight and be able to develop effective strategies to handle change.



PARIVARTANA

Prepare To Transform



Develop Inner Strength

The ability to weather the storms in our life is a skill that we all need to develop. This is inner strength. It comprises a suite of Skills, mindsets, behaviours.

In this workshop, participants will learn about developing Resilience, Self awareness and a variety of other attitudes and mindsets they can cultivate which will enable them to live life with enthusiasm, vitality and well being.

Balance not Burnout

In the hustle and bustle of everyday life, we often don't see that burnout is slowly creeping into us. When stress is not managed over a period of time it can lead to burnout and exhaustion and negativity set in.

In this workshop participants will learn about burnout, identify the stages and risk factors. They will learn about healthy lifestyles and ways to protect themselves from burnout and thrive in life.



Creating Psychological safety in the workplace

When members of a team have a shared belief that it's OK to take risks, to express their ideas and concerns, to speak up with questions, and to admit mistakes — all without fear of negative consequences, it is a sign of Psychological safety.

This results in increased innovation, more engaged and motivated team members and a culture of continuous learning. Employee retention goes up .

During the course of this workshop, managers will gain deeper insights and learn how they can create this within their teams.



PARIVARTANA

Prepare To Transform

Discover the world of emotional intelligence

Emotional Intelligence (EI) is the ability to manage both your own emotions and understand the emotions of people around you. People with high EI can identify how they are feeling, what those feelings mean, and how those emotions impact their behavior and in turn, other people. In this workshop participants will be exposed to skills such as self-awareness, self-regulation, motivation, empathy and social skills.



Calming the anxious mind

Anxiety has become pervasive. Many of us face it but the symptoms and triggers vary from person to person. Understanding Anxiety, is the first step to managing it. In this workshop, participants gain an exposure to practical strategies and self-care tools that will help them calm their anxious mind.

Tools and attitudes to develop a healthy mind

Our mental wellbeing is our greatest wealth and yet many of us go through life without proactively managing this wealth.

We understand that when it comes to curating a program that is best suited for your team, there is no one size that fits all.

Get in touch with us. We will work with you to design a series of programs that are tailored to meet your needs

MANASHANTI is a team of qualified counsellors and Coaches with a collective experience of over 35 years in dealing with stress, relationships, anxiety, trauma etc.

This impacts the individual and the workplace and thus we design our programs to suit your needs, whether it is coping with change, preparing for growth or maintaining employee well being.



ANAND NARAYAN

is an entrepreneur and corporate executive by profession. Keenly interested in human behaviour, he holds a Masters in Psychology and has been a counsellor, coach and corporate trainer for over two decades, specializing in helping the severely depressed and suicidal.



JAISHREE NARAYAN

is a psychological counsellor and educator. She has a Masters in Psychology and is certified in guidance and counselling for both children and adults. She has provided counselling support to corporate executives for over a decade.

Manashanti

A division of **Two is Company**

3104 Prestige Ivy League, Kondapur, Hyderabad - 500084 Ph: +91 7799100068,

www.manashanti.org

Email: narayan@manashanti.org