



Creating Her Story

A Workshop For Women

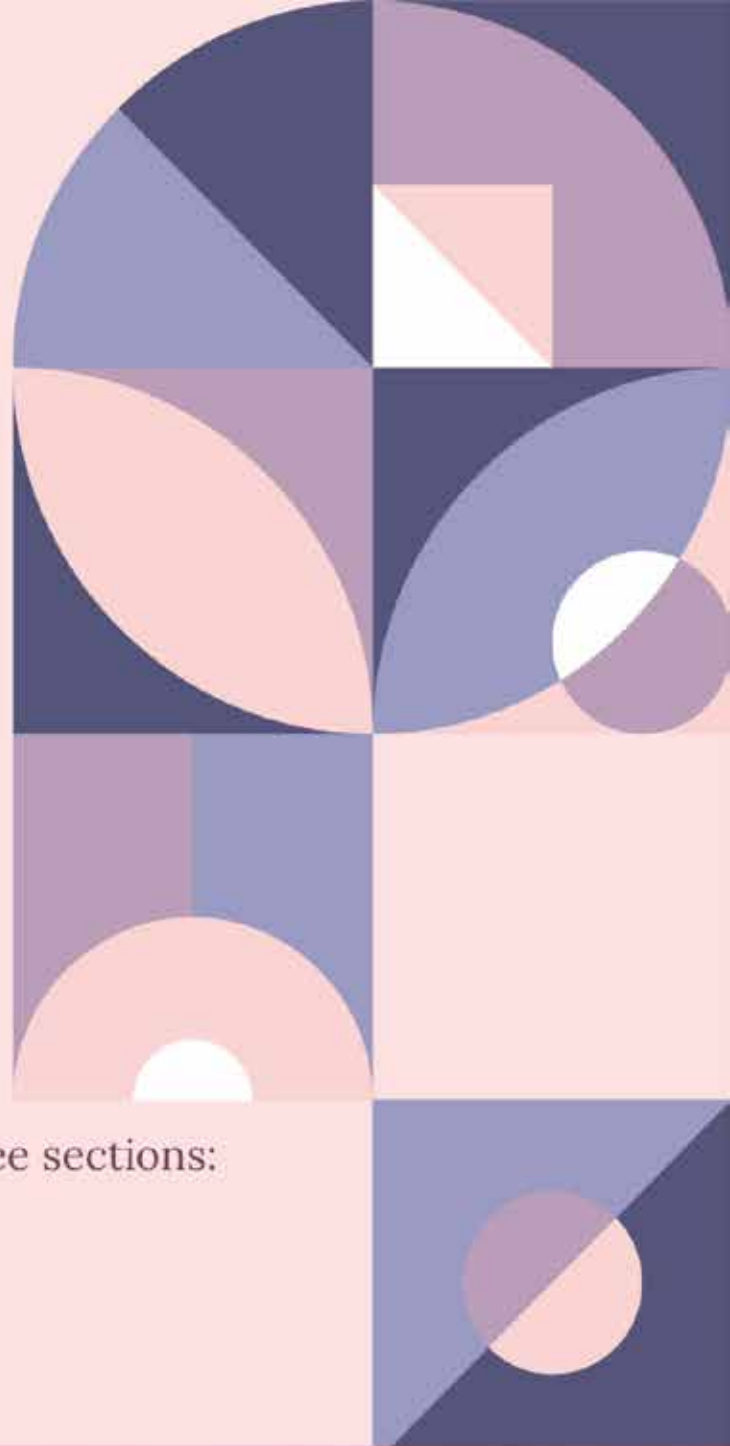
Creating Her Story

A deep dive to connect within using powerful tools and techniques like coaching, group coaching, NLP, movement, stories, theatre, and emotions.

The most empowering part of this workshop is to connect with various women across the board and experience their brilliance and be a part of their stories.

The workshop is divided into three sections:

- One on One Coaching
- Webinar
- Group coaching



One on One Coaching

The one on one coaching session is a sacred space; each participant would connect to their core values, natural gifts and talents, and life purpose. This is the foundation session. The participants would articulate their very own personal story and would choose something they would like to work with. This is a powerful facilitative journey and could build a deep connection with self and enable discovery.

Webinar

This is the session where participants would read stories shared by the facilitator and would also share how the stories related to their life. This would be followed by a beautiful theatre exercise on emotions.

Group Coaching

This is the final step in which the story comes alive and each member works on their action points in this session.

Testimonials

Take a look at heart-felt feedback from the participants of the December chapter of Creating Her Story.



Contact Us



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Thank You