

Creating Her Story

a workshop for women

Jasmine's
Playadiem™

- The Transformation Playground -



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 articulate their own personal stories and would choose something they like to work with. This is a powerful facilitative journey and builds a deep connection with self and enable self-discovery.





Webinar

In the session participants read stories shared by the facilitator and reflect and share on how the stories relate to their life. This is followed by a beautiful theatre exercise on emotions.



Group Coaching

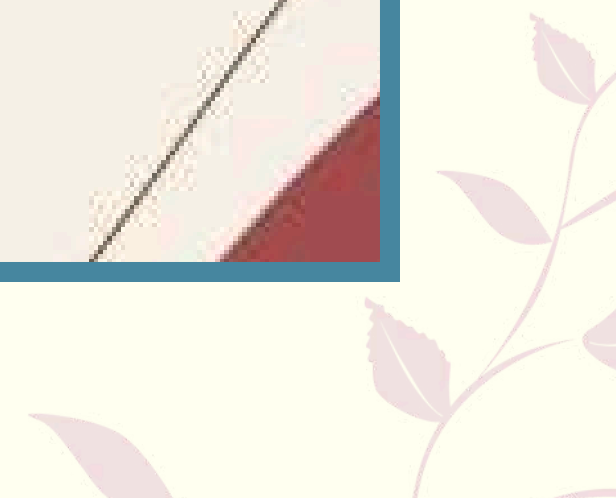
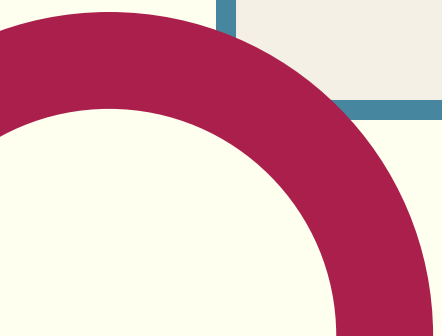
This is the final step in which the story comes alive and each member works on their action points.





Testimonials

Here's feedback from the participants on the previous session of **Creating Her Story**





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Transformation through #SeriousPlayTM



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