Empowering Women Leaders in Systems Engineering (EWLSE) Workshop

THINKING TRAPS

Do you feel anxious before taking any decision? Do you over-think about your solutions? Are you worried about being judged?

Program Objective:
- Understand and identify our thinking traps and how they stress us
- Explore situations and circumstances that make you anxious and less resilient.
- Understand your own thinking patterns and how they contribute to your anxiety
- Use Tools to break down barriers, move out of comfort zones and explore the inner self.
- Introduce participants to tools for building resilience through different methods and techniques
- Integrate various realizations to get a deeper understanding of our own limiting behaviors and look at ways to break the same.
- Own the new mental space and learn to fill it up with vibrant and happy positive thoughts

In partnership with


19 Oct 2019 | Saturday | 9am – 5pm
Shangri-La Hotel, No 56-6B Palace Road, Bangalore 560052 India

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https://www.incose.org/incose-member-resources/ewlse/about-ewlse