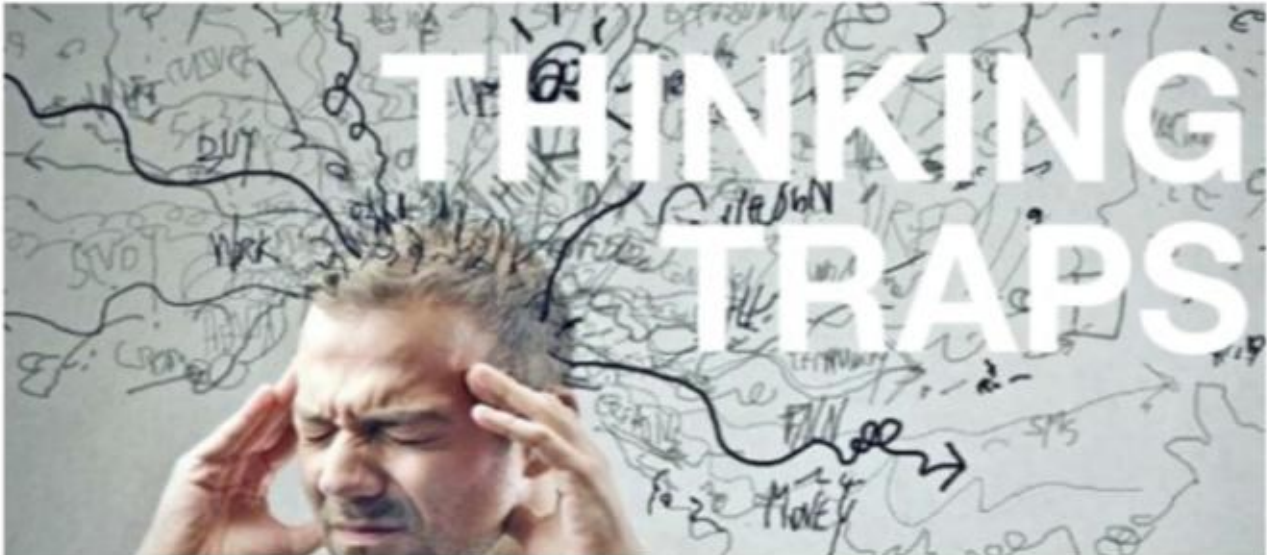




Empowering Women Leaders in Systems Engineering (EWLSE) Workshop



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



Facilitated by Smitha Rao, Senior
Facilitator, The Painted Sky.
Psychotherapist and Executive Coach.



the painted sky

In partnership with



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

Contact

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INCOSE EWLSE Sector 3 Lead

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