

URJA

Rekindle the Flame Within



KAVYATA
REIMAGINE YOUR CAREER

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What is URJA

Background:

In today's fast-paced world, young professionals have often experienced intense highs, professional achievements and varied experiences by the time they are in their mid to late thirties. It is also a reality that with technological disruption, the nature of jobs and the outlook for careers is also changing dramatically. As a result, by this stage, people are often looking for something more out of their careers and lives.

This could mean crafting a hybrid/new career where they re-balance work, lifestyle etc, or starting a new venture based on their interests, or simply taking a pause to reflect, renew and reskill. Many possibilities exist and it can be difficult for mid-career individuals to choose confidently and start taking action on their choice.

URJA - Rekindle the Flame Within is especially aimed at such young professionals/entrepreneurs who face these kind of questions. It is an experiential workshop to equip such individuals with the tools, insights and perspective which can help them make the right choice.

Who is URJA for?

URJA is meant for people with around 10-15 years of work experience who may be facing the following when it comes to work and career

- Wanting to 'Do what I love' instead of 'Doing whatever is coming my way' but not knowing how to go about this
- A desire to express more of their real selves including those talents/abilities which are currently not being used adequately in their work
- Anxiety about the future of their jobs, given impact of technology and business environment changes
- Lack of support/thought partners/energy in being able to make a shift from what they are doing currently and which is not satisfying enough
- Lack of clarity about *'What is it that I am really good at?' & 'What is it that will make me feel good about my work?'*

Takeaways of URJA

As a participant you may expect to takeaway the following from URJA:

- Becoming aware of the link between patterns of how you think, feel and act and its impact on your professional journey including what have been helpful patterns and what are some limiting patterns which may be holding you back in your career or in your desire to reshape your career
- Becoming Intentional (as a result of self-awareness) about professional and personal decisions - you will start to see how you can shape these decisions, instead of feeling that circumstances are acting upon you
- Discovering hidden and unused potentials within yourself - and learning how to start deploying these in consciously redesigning your professional and personal spaces
- Redesigning your work and making professional choices which align with your life-stage, body-mind and desire for personal growth and fulfilment

How does URJA enable these takeaways?

URJA enables these takeaways, because it brings together the following:

- Tools to handle inner resistances to growth, change, and the uncertainty of transition
- Deep connect with a cohort of other people in a similar stage but coming from diverse backgrounds, increasing cross-pollination of ideas & learning from diverse perspectives, as well as creating a life-long support group
- Frameworks & best practices to navigate the space of transition and growth - which holistically address the skills, emotions and energy required to grow and change
- A restful space without distractions of work, technology and personal commitments which allows you to truly connect with your deeper self and discover hidden potentials

URJA Program Details

Dates	20-23 September, 2018, Fully Residential program
No.of participants	10 max
Last date to register	12 September 2018
Program Fee	Rs. 25,000 + GST @18% = Rs. 29,500 Includes stay for 4 nights & 3 days on twin-sharing basis, all meals, snacks, program facilitation charges, cost of psychometric tools used & 1 follow up coaching session with Kavyata consultants Does not include travel costs to and from the venue
Early Bird Offer	10% off Basic program fee of Rs 25,000 + GST @18% on registration by 25 Aug, 2018 = Rs. 26,550
Venue	Faraway Renz, Hills beyond Corbett http://www.farawayventures.com Rated 5.0 on TripAdvisor

URJA Indicative Schedule

20/09/2018	Arrival of participants by 1.00 p.m. Lunch will be served before we start
20/09/2018	3.00 p.m. - 4.30 p.m. Introductory session of URJA. 5.00 p.m - 7.00 p.m. Exploring one's professional journey
21/09/2018	7.00 -9.00 a.m. Individual free time, breakfast Morning: 9.00 - 1.00 p.m. Understanding my overall patterns of thought-feeling-action, finding multiple selves in me Lunch Afternoon- evening 2.00 - 5.30 p.m. Drawing upon my life experiences to get in touch with my deeper needs, motivations Evening quiet time, individual and group time, Dinner
22/09/2018	7.00 -9.00 a.m. Individual free time, breakfast Morning: 9.00 - 1.00 p.m. Becoming aware of my professional role-taking patterns Lunch Afternoon- evening 2.00 - 5.30 p.m. Releasing my limiting beliefs and Discovering hidden potentials Free time, Dinner
23/09/2018	7.00 -9.00 a.m. Individual free time, breakfast Morning: 9.00 - 1.00 p.m. Finding energy in myself for growth - mind & body. Seeding & committing to new choices Lunch and program closure by 2.00 p.m. Participants need to arrange travel back after this.

About URJA facilitators

Kavita, an alumna of IIM Ahmedabad, brings over 16 years of experience in the domains of Experiential Learning, Adult Learning, Personal Growth & Change and Organization Development.

Through her diverse experiences across Consulting, Social Entrepreneurship, Coaching and Facilitation, Kavita came to believe strongly in the 'flow' concept - that deeply satisfying and engaging experiences are characterised by immersion and full involvement in the experience. Taking this concept of flow and blending it with her understanding of young people learning and adults working, Kavita felt a great urge to mentor students and professionals to find their flow by finding careers which are based on their interests and unique abilities. This led to her founding [KAVYATA](#) to help people reimagine their careers.

Kavita has completed her internship in Applied Behavioural Sciences from the Sumedhas Academy for Human Context <http://sumedhas.org> She has worked closely with Prof. Indira Parikh, ex-Dean, IIM Ahmedabad and a co-founder of Sumedhas Academy. She also teaches at premier engineering and management institutes and helps students explore Self in the context of Careers. Kavita's nine year old son gives her real life lessons in experiencing flow when he is absorbed in his art and play. She is a trained vocalist and unwinds with music, tea and books.

<http://linkedin.com/in/kavitaneel>



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About URJA facilitators

Manjunath is a Serial Entrepreneur and has founded several Technology startups. He is a consultant and career coach at Kavyata. He was recently also the Chief Cultural Officer, and one of the Fellow Council Members of iSPIRT, a Software-Product community think-tank.

Manjunath is a computer science graduate with interests in Applied Behavioural Science, Behavioural Finance, BigData and Predictive Analytics. He has worked in the US Silicon Valley for over 12 years.

With a keen interest in Human behaviour and motivation, he is currently pursuing his internship at the Sumedhas Academy for Human Context <http://sumedhas.org>

<http://linkedin.com/in/manjunath-nanjaiah-b61740>



URJA Registration Details

Early bird registration by	25 August, 2018 (Amount payable Rs. 26, 550 including taxes)
Last date to register & complete payment	10 September, 2018
Cancellation	100 % refund if cancelled by 10 Sep 50 % refund if cancelled after 10 Sep
Payment details	EDU SYNAPSE PRIVATE LIMITED KOTAK MAHINDRA BANK Bank Account Number : 1611396452 Current Account Bank Account Branch : 000298 / BADSHAHPUR Bank Branch IFSC / MICR Code : KKBK0000298 / 110485057 Goods and Services Tax No : 06AADCE6196P1ZZ
To register	Write to kn@kavyata.in or rishi@farawayventures.com . Registration will be considered completed on receipt of payment by last date of Sep 10, 2018.