

A WARM WELCOME TO NADJA



# ARRIVING

LET'S TAKE A FEW MINUTES  
TO SETTLE AND ARRIVE FULLY  
INTO THIS POWERFUL SESSION.

# Feeling!

TURN INWARD

How are you feeling?

How is your body feeling?

Please use the Chatbox.

A promotional graphic featuring four women in various poses on wooden blocks. The woman on the far left stands in a tan ribbed jumpsuit. The woman in the center-left sits on a block in a white shirt and rust-colored pants. The woman in the center-right stands in a brown blazer and skirt. The woman on the far right lies on the floor in a brown tank top and white skirt. The background is light gray with white star graphics and two large pink starburst graphics. The text 'OPEN MIC' is in large pink letters on the right, and 'For our Special Guest' with a smiley face emoji is at the bottom left.

**OPEN MIC**

**For our Special Guest** 😊



★  
**YOUR  
QUESTIONS &  
EXPERIENCES**  
**Talk WITH US ...**

# Self-Leadership & Female Resilience

A WARM WELCOME TO 2025





# BREAK OUT

1. YOUR MEDITATION PRACTICE – CHALLENGES, DISASTERS AND VICTORIES: WHAT WORKED WELL

2. YOUR EXPERIENCE WITH THE 1:1 IFS SESSION:  
WHAT DID YOU BECOME CONSCIOUS OF?  
WHAT DID YOU LEARN ABOUT YOURSELF? ✨  
YOU DON'T HAVE TO SHARE DETAILS

3 PARTICIPANTS  
10 MINUTES



**Anita Moorjani  
with Dr. Rangan Chatterjee**

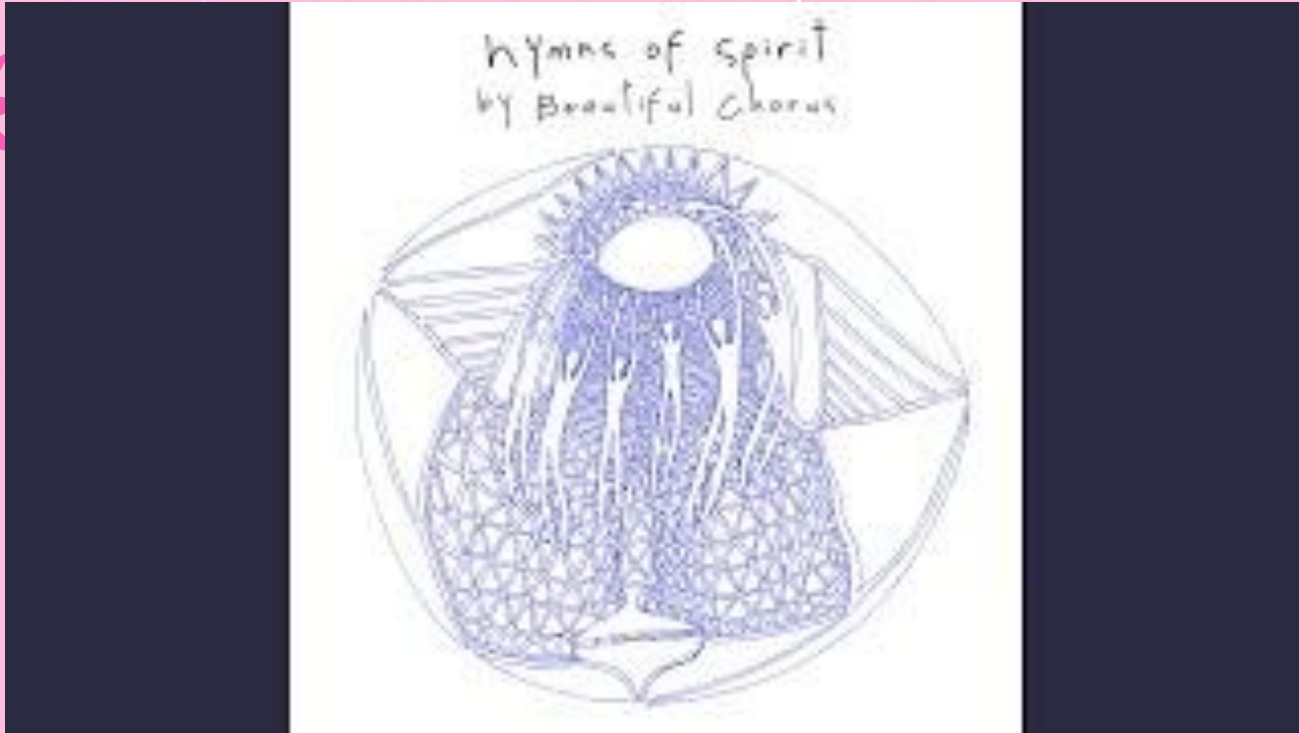
**ENERGY EQUITY**

**<https://www.youtube.com/watch?v=1PeAeuLaHmA>**





# A FEW MOMENTS OF **SELF-REFLECTION**





# BREAK OUT

- What resonated with you?
- What have you just learned about yourself?

3 PARTICIPANTS AND 10 MINUTES



**WHY  
MAKING  
THIS YOUR  
PRIORITY?**



**This is  
BUILDING YOUR  
RESILIENCE!**



# Dr. Gabor Maté, Physician & Author The Connection between Stress & Disease

<https://www.youtube.com/watch?v=aJo3xkhTbfo&t=667s> (12 MINUTES & LEAN BACK)





how to:  
ACADEMY



# Female Resilience

## BELIEFS & Self-Care



Why we get sick – physically, mentally, emotionally & spiritually?

1. Suppression of our **Needs**.
2. *“What we value in one another often kills People.”*  
Compulsive Identification with Duty, Role, Image, Responsibility  
*“Keep working until you drop”*; instead of **caring for needs of Self**.
3. Suppression of **healthy Anger**. Blending in, not allowing yourself to feel anger & your emotions suppresses the immune system.
4. Two **fatal beliefs**: I’m responsible for how other people feel. I cannot disappoint anybody.
5. Being the **perfect** daughter, the perfect wife, the perfect mother.

### Bio-Somatic-Social Approach

You cannot separate the mind from the body!

You cannot separate the individual from the environment!

**The Biology of Human Beings can’t be separated from the Social, Emotional processes, Dynamics & Environments.**



# BREAK OUT

**What resonated with you?  
What have you just learned about yourself?**

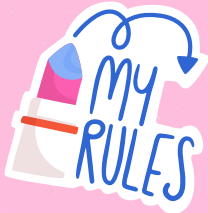
3 PARTICIPANTS AND 10 MINUTES



# GREAT NEWS

START JANUARY 15<sup>TH</sup> – 31<sup>ST</sup> 2025

LEAD A 28-DAY MEDITATION CHALLENGE  
WITH YOUR TEAM/ COLLEAGUES/  
FAMILY/ MULTIPLIER GROUP.





**WHAT  
MAKES IT  
DIFFICULT IN  
YOUR MIND?  
Let's talk ...**



# INSPIRATIONAL PEER GROUP ASSIGNMENT

## Peer Group Gathering (75 minutes)

### Arrival Practice

Center & slow down your breathing and connect with your feelings & body. **(5 minutes)**

### Checking in

Feeling is Healing: Describe how you are feeling today, entering the circle. **(5 minutes)**

### OPEN SPACE FOR SUPPORTING EACH OTHER, AND EXCHANGING IDEAS

Take the story of Sutthirada as one example. Research ideas, investigate meditation for kids, which schools are doing it – any case studies, reports, articles, benefits, and ask your peers in India and Thailand to give you hints on meditation. Maybe you would like to look for studies on Meditation & Leaders or Meditation & Mindfulness at companies such as Google. This is about putting theory into practice, starting to lead changes in your living and working environment, and preparing the skeptics first 😊.

**The main question: How do you want to set the stage for leading your meditation challenge?**

**Note** your Ideas in your Notebook – (5 minutes)

**Closure of gratitude & appreciation** for yourself first and each other (2 minutes)

Close your eyes and practice the feeling of gratitude for your work, your group, your community, your growth and your day (3 minutes).



# HELP.

**WHEN YOUR TEAM SAYS, I CAN NOT MEDITATE.**

**BE CREATIVE & MAKE THE CHALLENGE AN INVITING SPACE FOR DISCOVERY.**

**YOU ARE THE LEADER IN THIS ...**

# COMPASSIONATE INQUIRY

Before your peers start their mediation practice, let them inquire shortly.

Which part(s)/ voice(s) try to stop me, are they a little afraid or “overly dramatic” 😊?

1. WHERE AM I MAKING THIS PROCESS A LITTLE BIT TOO HARD FOR MYSELF RIGHT NOW?
2. DO I PUT TOO MUCH PRESSURE ON MYSELF RIGHT NOW?
3. DO I AVOID MY FEELINGS FROM COMING UP AND THINKING OR ANALYSING TOO HARD?

A GENTLE INVITATION TO EXPLORE WHAT IS GOING ON – WITHOUT ANALYZING OR JUDGING ❤️



## THE NEUROSCIENCE OF MINDFULNESS & FEAR

Your Attention is Turned Inward



Tara Brach, PhD  
Psychologist,  
Meditation Teacher,  
USA



<https://www.youtube.com/watch?v=hNiYcM4MQ-w>





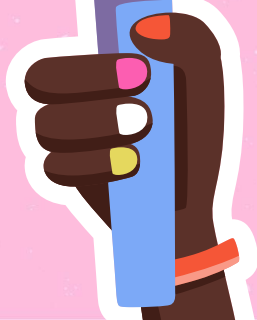
# VIDEO

**FUN ANIMATED EXPLANATION  
MINDFULNESS & MEDITATION**

<https://youtu.be/mjtfyuTTQFY?si=4sPW7FvxWXwzYInJ>



**MEDITATION  
& GUIDANCE  
FOR ME-TIME  
MINDFULNESS  
TURNING INWARD.**





# Closing Fun Video

<https://www.instagram.com/reel/DAmTpJNuGAU/?igsh=ZXlnZnF2MzFmYW53>

Do something weird to see if  
He matches your energy





# How are you feeling leaving the live?

Write into the Chatbox.



**BE GENTLE WITH  
YOURSELF**