NILIMA BHAT – Keynotes & Workshops
Founder Shakti Leadership Mission
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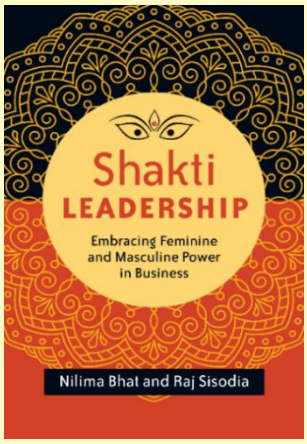



### a. **The Heroic Journey:** Of Leaders for the Future (60-120 min)

In order to navigate the disruptive business scenario and not just survive but thrive, leaders soon realize that they are going to have to make a *journey*. A journey that requires deep reserves of resilience and inspiring energy. This can only come from tapping into *Shakti,* the infinite source of power within us that makes us fully present, fuels our creativity and drives change.
Not given freely, it has to be earned, by the *heroic* capacity in us. Shakti-based Leadership, is a coming-of-age quest from one's untested innocence to masterful maturity. While the 'heroic journey' is experienced as deeply personal, the process is completely universal and surprisingly little-known. Using language and ideas that awaken, inspire and move us, individually and together, Nilima Bhat will draw from Joseph Campbell and Maureen Murdock's work around the mythic Hero/ Heroine's journey and apply it to modern leadership, business and life. Reframed as a *'call to adventure',* you will see these testing times as an opportunity for exponential transformation. And receive the road-map, discern the milestones, the destination; and uncover its grand empowering 'elixirs', for you as well as your organization.

### b. **Shakti Leadership model:** Why lead with half your power? (60-120 min)

The only win is a win-win. Yet, the prevailing leadership paradigm overemphasizes masculine values such as confidence, competition and decisiveness, often to the neglect of vulnerability, collaboration and openness; and focuses primarily on an outside-in, competency-based approach. This keynote/workshop aims to awaken participants to their innate feminine leadership capacities, through an inside-out, consciousness-based approach, that **examines and reframes their relationship with Power**, and connects them directly to their authentic, resilient, life-affirming and regenerative core, their **Shakti**. Using polarity mapping as developed by Barry Johnson, participants will learn how to flex between their masculine and feminine nature, to come into their **true power**. An intrinsic **Power** that is *power-with* instead of *power-over.*

### c. **Presence & Flex:** Becoming a Conscious Leader (120 min)

**Why is Gender Balance and Inclusive Culture necessary now?**
There are new competencies emerging that are the most essential to solve organizational challenges and to move in the direction of their vision. Organizations need leaders who can:

- Demonstrate clear, confident, grounded and mature **Presence**
- Intentionally **Flex** between healthy **masculine** and **feminine,** as well as healthy **elder** and **child** leadership traits
- **Lead** consciously in any situation

How does a leader build these competencies? Using experiential and self-reflective tools such as the **Presence Practice, Polarity Mapping and a Leadership Style Assessment,** participants will learn how to

cultivate Presence, and become psychologically whole as the 'Wise-Fool of Tough-Love' and skillfully and situationally flex between these four core archetypes of a Conscious Leader, as and when needed.

### d. **Presence First:** Cultivate a Practice for a Stress-free & Healthy Life (60-120 min)

'Presence' is that **state of inner poise** where a Conscious Leader is located first, before becoming an effective change-agent. Presence is also the source of **Shakti**, the true power that fuels all 'doing'. Participants will learn to access and cultivate this internal state through a profoundly simple Shakti **Presence Practice**, using the Five Signals of Presence, from the foundation of a relaxed body: Even breath, Clear mind, Open heart, Sensitive sonar and Energetic induction.
We will also discover the Five Stressors: Physical, Emotional, Mental, Relational & Spiritual, that steal our Happiness and threaten our Health; for which Presence is the one complete antidote.

### e. **The Inclusive 'I'@Work:** For Diversity & Inclusion, Equity & Belonging (120 min)

As organizations look to raise Diversity & Inclusion, Equity & Belonging in the workplace, the goal of this workshop is to directly address the core driver of human behavior that lies at the heart of all four, i.e. our IDENTITY. The personal sense of 'I' that we bring to work. In this stimulating and deeply reflective workshop you will get to unpeel the many layered onion of your identity and discover what is at its core. You will also discover what lies at the core of others that is different, yet as deeply held as you do yours.

Through a personal identity inventory, working on triads, a powerful framework of levels of consciousness, and a simple practice, you will learn how to hold your unique identity lightly and most importantly, get started on building your inclusive 'I', the psychological self that leaders need to cultivate if you are tasked with building D&I, E&B in your team and organization.

### f. **Finding & Living Your Purpose:** In dialogue with your Higher Self (120 min)

Our Life is a search for meaning and purpose. Until we find and start living into our Core Values, honing our Natural Gifts & Unique Talents, and finding a Higher Purpose beyond simply earning a pay-cheque, we will never feel truly congruent and ALIVE, or that we are making meaningful impact and difference in the world.
You CAN do good in the world AND do well financially! In this experiential session, you will learn about the four pursuits of a fulfilled life: Meaningful Work, Loving Relationships, Personal Truth & Freedom from ego. You will experience a Dialogue with your Higher Self as It reveals to you your Higher Purpose and even gifts you your Power Symbol to remind you and give you the inspired energy to fulfil it!

### g. **Dance of the Five Elements:** Embracing & Innovating Change (60-120 min)

According to Indian wisdom, Creation is essentially the divine inter-play of the five fundamental elements: Earth, Water, Fire, Air and Space. Each element has its unique movement, emotion, quality and nature. Participants are guided to find these elements within themselves and set them free through creative movement based on yoga, music and dance. This brings them into balance and harmony with themselves as well as with their context; it also proves therapeutic and de-stressing on all levels. The learnings from this deceptively simple workshop are deep and long-lasting; participants gain valuable insights that are immediately transferable to their work-life: how to innovatively embrace change and turbulence, even as they remain firmly grounded in Presence.

## h. Leadership Circles (120 min)

### 1. Women Only (for Women's Empowerment)

As women seek to reclaim their power and step up into leadership roles, they need to get real with their deepest hopes, fears and needs. A methodology that is both traditional and contemporary, the Shakti Circle is a safe and potent space for collective inquiry and group processing. When we can tend with affection and compassion to that which is not being said, and allow it expression without judgment, a new energy is released which heals and transforms individuals as well as the collective, taking us to a whole new level of trust, fellowship, understanding and action. Nilima Bhat has facilitated Shakti circles with women from Rome and Delhi to Prague, Berlin and Boston. Each is a unique experience, co-created by the vital voices and energies that participants bring. The power of a circle is immense, and lasting shifts are often experienced.

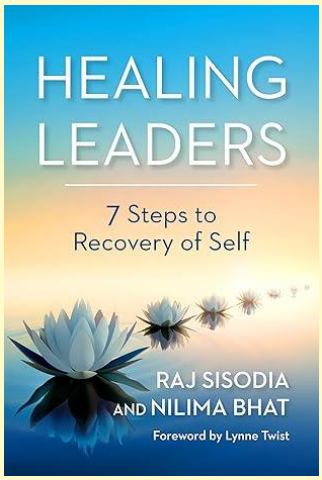
### 2. Gender Reconciliation Circle (GRC)

To survive and thrive as a company, community, nation and species, all genders have to work together. Each needs to reclaim their true power in order to fully step into leadership roles; and appreciate their equality and oneness, as well as their unique and beautiful differences. Using the Shakti Circle methodology, participants are able to unfold a profound compassion (Buddhists call this *Mahakaruna*) as they understand and forgive themselves and each other, put the past wounds of blame, resentment and judgement behind them and take away a lasting sense of respect for each other's reality, acceptance of their interdependent existence and a shared sense of responsibility for the future. (Note: Shakti Circles can also be done for Cross-cultural and Inter-generational sensitisation.)

### 3. Dialogue Circle (for Diversity & Inclusion)

If we have to survive and thrive as a community or company, we need a culture that values different perspectives and creatively leverages them into a high-performing and cohesive whole.
The Dialogue Circle is a powerful and safe space that allows for diverse perspectives to be shared and excluded voices to be aired.
When facilitated with care, we can speak authentically and listen deeply to some of the burning issues that occupy our hearts and minds, bodies and souls as we get to work each day. Taking us to a whole new level of trust, fellowship, understanding and action.
The reconciling power of a circle is immense, and can be the single most powerful intervention to drive rapid shifts in attitude, behavior and culture change. Identity Reconciliation Circles (IRCs) are particularly effective for DEI&B initiatives.

## Healing Leaders: 7 Steps to Recovery of Self (60-120 minutes)




Based on her latest co-authored book, leadership expert and author Nilima Bhat explores one of the most pressing challenges facing leaders today: how to sustain performance, purpose, and well-being in a world of increasing complexity and change.
In this engaging keynote and interactive workshop, participants will explore seven essential capacities that enable leaders to thrive personally while creating healthier, more resilient organizations:
– Know Yourself
– Love Yourself
– Be Yourself
– Choose Yourself
– Express Yourself
– Complete Yourself
– Heal Yourself
Integrating insights from leadership development, psychology, well-being, and human potential, Nilima demonstrates how self-awareness, emotional intelligence, authenticity, personal agency, and inner resilience are not "soft skills" but strategic leadership capabilities for the future.
Participants will identify the internal and external factors that contribute to stress, disengagement, burnout, and misalignment, while gaining practical frameworks for strengthening clarity, effectiveness, collaboration, and sustainable performance.
Leaders leave with a roadmap for cultivating greater self-leadership, unlocking their full potential, and creating the conditions for individual, team, and organizational flourishing in the years ahead.

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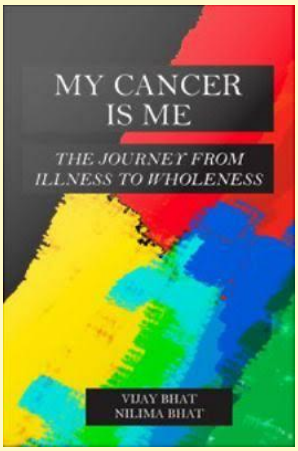



## From Stress to Swasthya (60-120 minutes)

Drawing from her acclaimed co-authored book, **My Cancer Is Me**, in this inspiring talk and eye-opening workshop, Nilima Bhat will share the primary reasons for stress, and she will help you discover the five different stressors in your life:
– Physical
– Mental
– Emotional
– Systemic
– Spiritual
That may be compromising your immunity and health. Most importantly she will share how you can move past stress towards true Well-being by cultivating Presence. At the end of the workshop you should have a map of your 5 stressors and know how to move *from Stress to Swasthya (Total Well Being)!*

## Do-Be-Do: The Wheel of a Balanced Life! (15-45 minute interactive talk)

It can be exhausting being a woman holding down work, family, babies, finances, fitness etc. We get caught in all our roles that we forget there is a 'me' underneath it all, who we have lost sight of. We get so busy 'doing', we forget 'being'. And why does it have to be an either-or choice? Why can't we have it all? Success and Health, Fulfillment and Freedom? Join **Nilima Bhat**, in exploring the wheel of a balanced life that contains all that is important to you. And more importantly, listen to your inner voice and its wisdom to gain clarity around what action you are ready to take to claim the life you deserve.

## Break Free, Break Through (60-90 minutes)

***Consciousness gateways to a life of beauty and purpose***

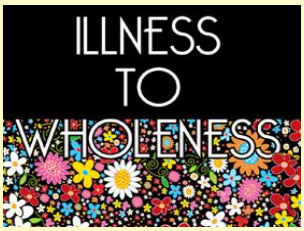
We yearn to make new beginnings, to seize the moment and meet our destiny. To find our purpose, to make a difference. To radiate beauty and poise. Yet, we find ourselves tripping up by sabotaging inner baggage. "I don't have enough! I am not loved enough! I am not enough!" In this reflective exercise and guided meditation we will learn the use of contemplative sacred geometry and sincere intention to **shred our old programs** and **express our essence.**

## LAF & Let Go! - *An emotional fitness workout* (60-120 minutes)

A stress-busting play-shop to **L**ove, **A**ccept, **F**orgive your way to emotional freedom and health. Come understand the healing power of these themes in the prevention and treatment of disease, especially cancer. Learn innovative meridian therapies and targeted affirmations and experience their multiplied effect when done in a supportive group setting. Psychoneuroimmunology (PNI) establishes the link between stress-immunity-illness and is the science behind mind-body medicine. Cancer has a strong co-relation with unresolved emotional stress around Love, Acceptance, Forgiveness and Letting-go. The purpose of this workshop is to help participants identify their stressful emotional issues and LAF & Let Go them to secure their health. Mind-body medicine tools including EFT (Emotional Freedom Techniques) and Healing Affirmations will be used to release the stressful emotions. Done collectively, the results are further amplified. Subtle shifts and deep healing are known to occur. Participants often resolve chronic stress and achieve a new level of peace and acceptance. The easy to learn techniques in this LAF & Let Go session have lasting therapeutic benefits and will support and enhance all round Wellbeing and Relationships.

## Cellular Healing Meditation (45-90 minutes)

Our **body** is not doomed to aging, decay and degenerative conditions like cancer, diabetes, heart disease! Nor is our **mind** meant to constantly live with the stress of fear, anxiety and emptiness. Learn how to awaken the healing power of our cells to prevent and heal from chronic conditions with **Nilima Bhat** and to move past stress towards **Swasthya**, true wellbeing.




## How to honour cancer in order to transcend it

(15-60 minutes Keynote)

As a Holistic Health Coach, **Nilima Bhat** helps people (and groups) seeking personal growth as well as healing through life crises such as illness or relationship breakdown. Drawing from acclaimed coauthored book, **'My Cancer Is Me'**, her approach emphasizes self-understanding on many levels: physical, vital, mental, psychic and spiritual. As a certified yoga teacher, her gift lies in being able to guide individuals to connect with their Soul-truth, and then to live it with authenticity in all aspects of their lives. Her own journey of growth and discovery began with her Mother's breast cancer in 1980 and was deepened when her husband, Vijay, was diagnosed with colon cancer in 2001. She supplemented her intensive study of Yoga with the therapeutic principles of Chinese medicine, western psychology, creative movement and dance. As their primary care-giver she has successfully navigated cancer with them and now shares their learnings and experience so others may benefit.

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Nilima Bhat is former Distinguished Professor in Gender and Conscious Leadership, Faculty of Excellence, Tecnologico de Monterrey, Mexico.
She is a visionary in the fields of Personal Mastery, Leadership, Gender Equality and Wellbeing.
As a facilitator of personal transformation, she coaches individuals and organizations in their quest for conscious evolution.
She is an international speaker/trainer on organizational culture, conscious business, women in leadership, self-awareness for work-life balance as well as Indian wisdom and wellness traditions.
She is an active supporter of the Conscious Capitalism movement, WIN (Women's International Networking) and board member of Peace through Commerce, MixR and 20-first.
Author of three books: *Shakti Leadership – Embracing Feminine and Masculine Power in Business* ; *Healing Leaders – 7 Steps to Recovery of Self*, & *My Cancer Is Me – The Journey from Illness to Wholeness* which outline new and cutting-edge holistic and integrated approaches to Leadership and Resilience.

*Detailed bio here*