



Women leaders worldwide have demonstrated their skills, knowledge, and capability to effectively lead in COVID-19 response and recovery efforts. The crisis has highlighted the irreplaceable contributions women have made in leading their organizations through these tough times, despite the disproportionate burdens that women carry.

To uphold women’s rights and fully leverage the potential of women’s leadership in organizations, the **Mindtemple Institute** presents a special webinar that aims at empowering women to be more successful in stemming the tide of the COVID-19 pandemic and its aftereffects on their personal and professional lives and play an ever more important role as leaders in their organizations.

Audience:

Women Leaders

Delivery

Webinar using zoom or any other platform

Facilitators:

1 experienced psychotherapist who has master’s degree in Psychology



Topics

- Roles we play
- Where is the balance?
- Why are we still struggling?
- The ignored self-care wheel
- Importance of psychological health
- Our Ecosystems
- The Pandemic and current reality
- Work from home and the new normal
- Effects of the Pandemic and the new normal on our emotional health
- Looking within
- I'm worth it
- Strategies for self-care



Kanan Kanakia

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Kanan Kanakia has over 15 years' experience as a Psychotherapist. She has been trained under **Dr. Aaron Beck** for advanced Cognitive Behavioral Therapy (CBT), for depression and anxiety from the Beck Institute, Philadelphia, USA. Her areas of expertise include working with children and young adults at all levels – from academic achievements to cognitive training; from increasing the Emotional Quotient (EQ) to life style designing – for a holistic development. To achieve this, she uses different approaches like Colour Therapy, Art Therapy, Play Therapy, Music Therapy and Brain Gym activities. She has completed her specialization in marital counseling from Albert Ellis Institute enhancing her proficiency in marital and pre-marital counseling.

She practices extensively with couples on all levels of partnership – from assessing compatibility to developing meaningful partnerships. Additionally, Kanan is a trained and certified Hypnotherapist from California Hypnotherapy Institute, and a certified Graphanalyst and Graphotherapist – skills that aid her in effective counseling. She has also conducted workshops for enhancing multiple intelligences for all age groups based on Howard Gardner's philosophy. Kanan has contributed towards the book "Death Is Not the Answer" authored by Dr. Anjali Chhabria.