

**PAUSE. REFLECT. RECLAIM.**

*A MINDFUL PAUSE FOR WOMEN AT WORK*

**Duration:** 2 hours

**Format:** Online / Offline

**Audience:** Women professionals (all levels)

**Facilitated by:** *Ranjana Singh*

Consulting CHRO | Mindfulness & Art-Based Reflection Facilitator

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**Why This Workshop**

Women today are not short on capability or commitment.

What they are short on is **space**.

Space to pause.

Space to notice themselves.

Space to acknowledge the invisible load they carry — emotional, mental, relational, professional.

Between roles at work, responsibilities at home, expectations from society, and standards they set for themselves, many women live in a state of continuous *doing* — often disconnected from their inner state.

This Women's Day, instead of motivation or celebration alone, this workshop offers something deeper and long-lasting:

**Self-awareness. Emotional clarity. Inner steadiness.**

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**What Makes This Workshop Different**

This is **not**:

- a lecture on mindfulness
- a wellness talk
- a meditation-only session

This is an **experiential, reflective, and deeply human space** where women:

- slow down without guilt
- listen inward without judgement
- express without needing to explain
- reconnect with themselves — quietly, honestly, safely

Mindfulness here is practical.

Art is used **not for skill**, but as a tool for insight and clarity.

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## Workshop Objectives

By the end of the session, participants will:

- Understand mindfulness as a *daily inner skill*, not a technique
  - Recognise personal stress patterns and emotional triggers
  - Learn simple practices to pause, regulate, and respond consciously
  - Experience art as a medium for self-reflection and release
  - Leave with one or two practices they can realistically carry forward
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## Workshop Flow (2 Hours)

### 1. Opening the Space (15 mins)

### 2. Mindfulness for Women: A Real Conversation (25 mins)

### 3. Art-Based Reflection Activity (40 mins)

*(No prior art experience needed)*

### 4. Meaning-Making & Gentle Sharing (25 mins)

### 5. Practical Mindfulness Tools for Daily Life (15 mins)

### 6. Closing: Taking It Forward (10 mins)

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## Key Takeaways for Participants

Women walk away with:

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- A felt experience of mindfulness (not just understanding)
  - Greater emotional awareness
  - One art-based reflection they can revisit
  - Simple practices they can integrate into workdays
  - A sense of being *seen* — by themselves
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## Value for the Organisation

This workshop supports:

- Emotional wellbeing & resilience
- Reduced burnout risk
- Greater self-awareness and empathy
- Stronger engagement and presence
- A culture that values inner sustainability, not just output

It aligns well with:

- Women's Development initiatives
  - DEI & Wellbeing programs
  - Leadership pipelines
  - Psychological safety goals
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## Facilitator Profile

*Ranjana Singh* brings over **22 years of experience in HR and Leadership Consulting** as a Consulting CHRO, combined with a deep personal practice of mindfulness and art. As a **Consulting CHRO**, through Infuse Studio ([www.infusestudio.in](http://www.infusestudio.in)) Ranjana now partners with growing and mid-sized organizations that view HR as a **strategic business enabler**, not a support function. She works closely with founders, CEOs, and leadership teams to design people strategies that align with business goals, enable scale, and strengthen culture.

Beyond the boardroom, Ranjana is a lifelong student and practitioner of mindfulness, healing, and ancient wisdom. As a Mindfulness Coach and Facilitator, she integrates emotional

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intelligence, resilience, and purpose into her coaching and group experiences — guiding leaders and teams to reconnect with presence, empathy, and conscious action. She holds Workshops for various levels to bring the mindful way of life at work.

She is a trained Yoga practitioner/Yoga teacher from Ambika Yoga Kutir for the last 25 years and has completed advanced courses spanning over 8 years in Brahmavidya, an ancient Tibetan breathing methodology that deepens self-awareness and inner balance.

She has also completed her Mindfulness Certification from Inner Space Therapy Center

A Reiki Master, Ranjana has also learned and practiced multiple healing modalities including Theta Healing, Chakra Healing, and Pranic Healing. Her deep interest in Indian mythology and spiritual philosophy enriches her facilitation, allowing her to bring timeless wisdom into modern contexts of leadership and living.

An artist at heart, Ranjana is also a seasoned painter who creates mindful spaces through art, using colors, textures, and symbolism to evoke calm, reflection, and emotional resonance.

This dual lens allows her to:

- understand business realities
- speak the language of organisations
- yet hold space for human experience with depth and care

<https://www.linkedin.com/in/ranjana-singh-hr/>

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## Logistics & Customisation

- Group size can be customised
- Materials list shared in advance
- Workshop can be adapted for:
  - leadership women
  - early career professionals
  - mixed seniority groups
- **Audience** - Maximum – 20 participants
- **Venue** - To be provided by the Client
- **Commercials** – 10,000/- Per program

- Program is customisable if ART as a modality is not required. Commercials vary on the same.

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**A Thought to Close**

Women don't always need to be empowered.  
Sometimes, they just need permission to pause — and reconnect with themselves.  
This workshop offers exactly that.

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