



PSG Institute of Management
PSG College of Technology

invites you to register and participate in our specialized
Management Development Programme on

What Women Want

The Courage to Be!

27 June 2025 | 9.30 am to 5.00 pm

Venue: PSG Outreach Centre, Anaikatti



What do women really want? To be heard without
interruption, to be seen without judgment, to be
themselves — fully, freely, unapologetically.



[Click to register](#)

What Women Want: The Courage to Be is a sanctuary in motion — a gathering of voices, stories, and strengths. Set in the soul-soothing hills of Anaikatti, this experience is for every woman who has ever longed to reconnect — with herself, with others, and with the quiet confidence that comes from within.

Through movement, meaning-making, and moments of stillness, let's begin to be; Not louder. Just truer.

Who Should Attend

This circle is for every woman who is ready to pause, breathe, and reconnect — with herself and with others. Whether you're a professional seeking clarity, a caregiver craving space, a leader learning to listen within, or simply a woman curious about her next chapter, this journey is for you. You don't need a title, a plan, or a polished story — just the willingness to show up as you are. If you're longing for real conversations, quiet strength, and the courage to be more fully you, this space was made with you in mind.

Programme Objectives:

- To create a supportive community for women to connect through joy, and shared purpose.
- To enhance self-awareness, confidence, and voice through reflective and movementbased activities.
- To develop trust, communication, and leadership skills in a collaborative environment.
- To provide space for vision-building and symbolic anchoring of personal and professional growth.
- To celebrate individuality while reinforcing the strength of sisterhood.

Programme Outcomes:

Participants will leave with:

- Renewed clarity on their personal strengths and aspirations.
- Tools for deeper trust, improved communication, and balanced leadership.
- An empowered voice and the confidence to truly express it.
- A symbolically rooted growth journey — through shared rituals and reflections.
- As a circle of like-hearted women they can continue to draw inspiration from.

What to Bring

- An **open heart** and a willingness to explore — no experience necessary.
- Comfortable clothing for **movement-based activities** — think ease, not impress.
- A journal or notebook — for **reflections, insights, and gentle reminders** to carry home.
- Water bottle, sunscreen, and a shawl or jacket — Anaikatti mornings and evenings can be soothingly cool.
- Most importantly, **bring yourself — as you are. That's more than enough.**

MDP Schedule

Time	Session Title	Details & Description
09:30 – 10:30 AM	Welcome Circle – “Hello!”	An icebreaking session with excitement and enthusiasm
10:30 – 10:45 AM	Refreshment Break	Tea, snacks, and early bonding moments.
10:45 – 12:00 PM	Session 1 Grace in Balance	Physical + emotional balance through a team challenge. Women experience the art of harmonizing roles and building strength in unity.
12:00 – 12:15 PM	Debrief – “Reflections on Balance & Trust”	Guided discussion: What does balance mean in our lives? When did we last deeply trust — ourselves or others?
12:15 – 01:15 PM	Lunch Break	A nourishing meal, informal connection time.
01:20 – 03:00 PM	Session 2 “The Invisible Thread”	The blindfolded navigation and group movement build trust and reinforce the unseen support women offer each other.
03:00 – 03:15 PM	Debrief – “Reflections on the trust and support build”	The blindfolded navigation and group movement build trust and reinforce the unseen support women offer each other.
03:15 – 04:00 PM	Break	Tea and informal sisterhood sharing.
04:00 – 05:00 PM	Farewell Celebration and Certifications	Each woman shares a song, story, or creative expression. Personalized certificates affirm their empowerment journey.

Fees & Levies

Individual Participant : ₹ 2950 per registrant (₹ 2500 + GST 18% ₹ 450)

Group Registrations : ₹ 8260/- (3 registrants) (₹ 7000 + GST 18% ₹ 1260)
(above 3 registrants – ₹ 2250 + GST @ 18% per registrant)

Digital Payment Details:

Account Name : **PSG Centre for Non-formal and Continuing Education**
Account Number : **1481267367**
Bank Name : **Central Bank of India**
Bank Branch : **Peelamedu, Coimbatore**
IFSC Code : **CBIN0280913**

Lunch & Refreshments:

Lunch and Refreshments will be served for participants of the workshop.

Resource Persons Profile



Dr. Firdaus Bashir

Empowerment Coach: Dr. Firdaus dynamic and results-driven training professional with extensive experience in designing and delivering impactful learning interventions across diverse domains. Adept at conducting workshops and skill development sessions tailored to both academic and corporate audiences. Committed to fostering engaging, experiential, and inclusive training environments that inspire participants to grow both personally and professionally. Passionate about continuous learning and leveraging innovative methodologies to drive performance and transformation.



Dr. Kirupa Priyadarshini

Leadership Development Specialist: Dr. Kirupa combines her extensive experience in leadership development with a deep understanding of mindfulness and holistic well-being. She has worked with professionals from diverse fields, empowering them to develop and foster collaborative environments. Her workshops focus on creating mindful leaders who can communicate with clarity, build trust, and create impactful relationships both personally and professionally. Dr. Kirupa's approach is rooted in empathy, self-awareness, and practical techniques for everyday growth.



Dr. Priyanga T

Personal Growth Strategist: Dr. Priyanga is a personal growth strategist and confidence coach dedicated to helping individuals break through limiting beliefs and discover their true potential. With a background in coaching, counselling, and personal development, she uses a combination of evidence-based techniques and empowering strategies to help women build confidence, articulate their vision, and cultivate their unique voice. Dr. Priyanga's sessions are dynamic and interactive, designed to inspire deep transformation and lasting growth.

About PSG Institute of Management (PSGIM)

PSG Institute of Management (PSGIM), a premier business school in India, is part of the renowned PSG & Sons' Charities Trust, established in 1926. With a legacy of excellence in education, PSGIM offers a range of management programs designed to develop business leaders and entrepreneurs. Known for its emphasis on experiential learning, industry collaboration, and social responsibility, the institute integrates academic rigor with practical insights. PSGIM's curriculum focuses on innovation, ethics, and sustainability, ensuring students are well-prepared for dynamic business environments. Through Management Development Programs (MDPs) and partnerships with industry, PSGIM supports continuous learning for professionals and fosters a culture of lifelong growth.



For Registration & further details contact:
Consulting & Management Development Cell.



PSG Institute of Management
PSG College of Technology

1668, Avinashi Rd, Peelamedu, Coimbatore, Tamil Nadu 641004
Phone: **0422 430 4400** | **+ 91 88701 98283** | email: mdpcell@psgim.ac.in

Inspiring Individuals. Transforming Societies

www.psgim.ac.in

PSG
Outreach Centre



Anaikatti