



*Women work wonders
with wild witty words
weaving worlds within
wholesome wisdom.*

— Pungidasa

**Presenting to you a series of 24 sessions
for International Women's Month in March
*Awareness - Joy - Transformation!***



Who?



Sunil Sathyendra aka Nimma
Coach aka Pungidasa !

Why?

I have been blessed to be around women who have been my matriarchs, My Mom, my sister, my granny, Friends from Office, School and Women from Various walks of Life! This is my humble attempt at giving back to the community!

What?

I am conducting a series of webinars and workshops covering 24 topics that are close to Women!

How?

The sessions will be delivered online! You can attend all the 24 Or anyone you choose to. Some sessions shall be recorded, and you can access them until April 15th.

Register?

As a special offer - All the 24 sessions are being offered at a special price of 2100 INR / 300 Dirhams/100 USD

[Register here](#)

Themes covered

Networking, Coaching for Change, Parenting, Storytelling, Strengths, Creativity, Emotions, Mindfulness, Putting yourself 1st and more...

You can join in and also choose to
Pay this forward!

Week 1



Mar 4

Networking Session
Meet and Greet

6.15pm -7.15pm



Mar 5

Distress to Destress
Mindfulness and Calm

6.15pm -7.15pm



Mar 6

Battling the Imposter
Imposter Syndrome

6.15pm -7.15pm



Mar 7

Beliefs and Values
How it helps

6.15pm -7.15pm



Mar 8

Share your Story

5.45pm - 6.45pm

Share your
experiences



Mar 9

Become a Storywriter

4.30pm - 6.30pm

Write 100s of
Creative Stories



Week 2



Mar 11

Emotions and ME!
Awareness + Wellness

11 am - 12.00 pm
6.15pm -7.15pm



Mar 12

Building Meaningful Networks

11 am - 12.00 pm
6.15pm -7.15pm



Mar 13

Coaching - > Women
How Coaching helps
bring change.

11 am - 12.00 pm
6.15pm -7.15pm



Mar 14

Wheel of Life
Self Awareness tool

11 am - 12.00 pm
6.15pm -7.15pm



Mar 15

Joy of Seeking Help

11 am - 12.00 pm
6.15pm -7.15pm



Mar 16

Storytelling for Business

Personal Branding
Storytelling

10 am - 12.00 pm
4.30pm -6.30pm

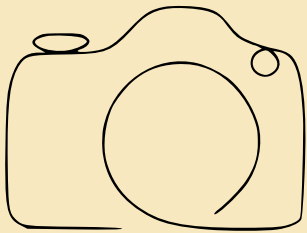
Week 3



Mar 18

Celebrating ME !
100 facts about me

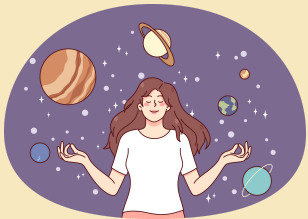
11 am - 12.00 pm
6.15pm -7.15pm



Mar 19

My Inner Lens

11 am - 12.00 pm
6.15pm -7.15pm



Mar 20

Who AM I ?
Identity , Beliefs and
more..

11 am - 12.00 pm
6.15pm -7.15pm



Mar 21

Putting myself first

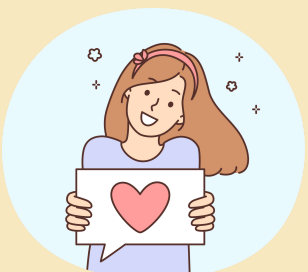
11 am - 12.00 pm
6.15pm -7.15pm



Mar 22

Kindness to the Self
Self Love, Compassion

11 am - 12.00 pm
6.15pm -7.15pm



Mar 23

Strokes of Recognition

Join in and find out

10 am - 12.00 pm
4.30pm -6.30pm



Week 4

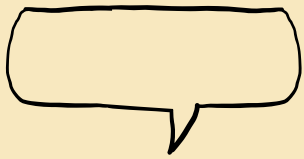


Mar 25

Strenghts First

Search +
Acknowledgement

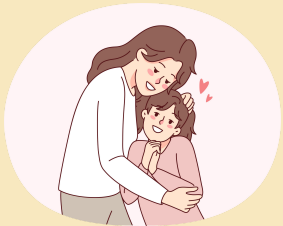
11 am - 12.00 pm
6.15pm -7.15pm



Mar 26

Drivers and Sabotuers

11 am - 12.00 pm
6.15pm -7.15pm



Mar 27

Parenting Adventures

Programming and
Deprogramming

11 am - 12.00 pm
6.15pm -7.15pm



Mar 28

Letter to future Self

11 am - 12.00 pm
6.15pm -7.15pm



Mar 29

Networking Session

Meet and Greet

11 am - 12.30 pm
5.30 pm -6.45pm



Mar 30

What Next?

11 am - 12.00 pm
4.30pm -5.30pm



Sunil Sathyendra, Nimma Coach.
Your Coach for all your Coaching needs!
Career, Wellness, Life, Leadership and All that
in between!

Poet | Storyteller | Podcaster |
Volunteer Leader | Sustainability Enthusiast
Photographer | Gardening Lover
and more..

Thank you !

Looking forward to staying in touch!
Until we meet again!

