

Mind Matrix Wellness Studio Presents

WeCare NEWSLTR

Volume 1, Issue 6: December 2020



*May the spirit of Christmas bring you and
your family hope, love and happiness!
Merry Christmas!*

WeCare



Vision: Creating Holistic Minds and Cosmic People



Mission: WeCare is an invitation to connect with
ICTA Empanelled Wellness Coaches and Practitioners
to live as an integral being and lead a purposeful life



Values: Connect - Collaborate - Contribute

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Story of the month by
- Vaishali Heblekar

A Person's a Person, No Matter how Small -Dr. Seuss

Dr. Seuss' Horton Hears a Who tells us the story of a faithful elephant called Horton who lives in the Jungle of Nool. One day, he hears a very tiny voice on a speck of dust and believes that someone is in distress and needs his help. He braves all the odds and challenges as he manoeuvres his way to a safe spot in the jungle where he can keep this speck of dust safe on a clover. The story focusses on how he believes in himself in spite of all the opposition from other animals, and the many challenges that await him through his journey through the forest. He overcomes his fears and 'crosses the bridge' just to ensure that the tiny speck of dust with its world of people is safe. And indeed, on that speck of dust is a whole microscopic world called 'Whoville'. Meanwhile, the Whos have to come together and make a huge noise so that they can be heard by all the animals, or else they will be destroyed forever. The story reveals 9 gems of advice which anyone and everyone can apply in their personal and professional lives.



- 1 It is all a matter of per'Speck'tive
- 2 Having faith in the Unseen
- 3 Finding a sense of purpose
- 4 Taking charge in life
- 5 Pitching in to make the difference
- 6 Facing our fears and risks
- 7 Forgiveness
- 8 Believe in yourself



Vaishali Heblekar
Content Writer

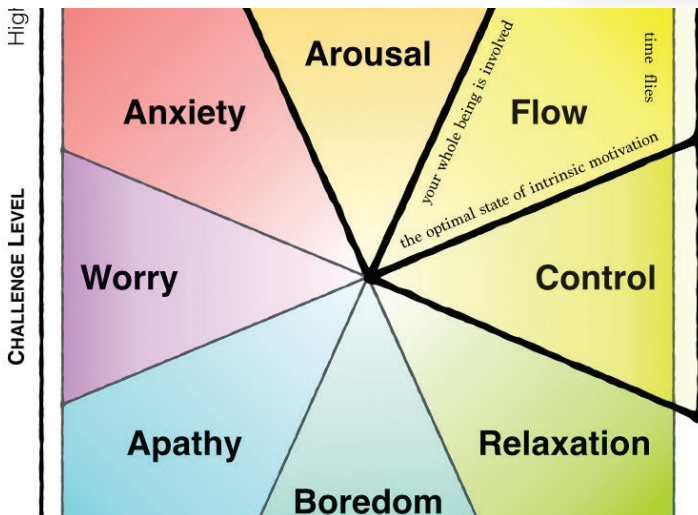
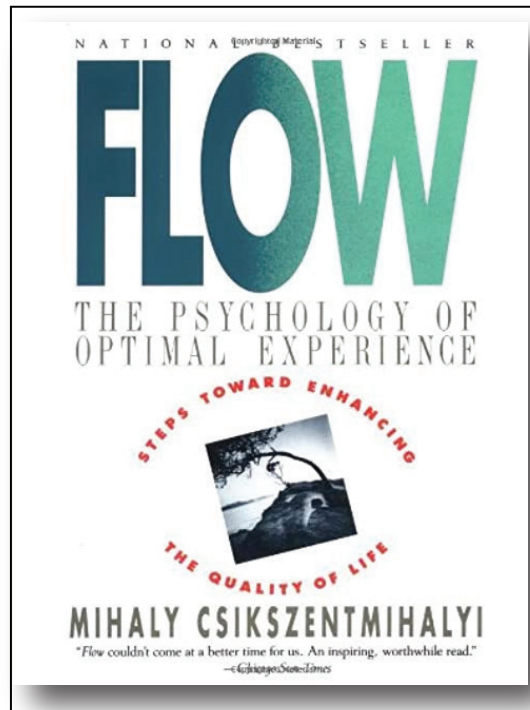
If you wish to connect,
please write to
vaishaliheblekar@gmail.com

And finally, **a person is a person, no matter how small!**

In case you haven't caught this animated movie, do watch it. The more you watch it, the more you learn and retrospect!

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Theatre as a Tool for Training - Girish Dharap

Girish Dharap
Trainer, Facilitator,
Entratrainment Specialist



I prefer to call these workshops as "Entratrainment". My understanding of this word is Entertainment with Training or Training with Entertainment.

It involves activities in the areas of excellence in changing and challenging environment, power of body language in non-verbal communication and decisive leadership.
You can transform once you are willing to change and lead.

Benefits for participants:

- Releasing stress and breaking free
- No emotional baggages
- Connecting with your own soul and bring out the child within
- Team Bonding, Team Spirit and Collaboration
- Decisive Leadership

& Many More....As we say "Entratrainment" workshops are to be experienced!

Over the years these workshops have worked really well for our clients addressing their requirements in the areas of Team Building, Managing Stress, Communication, Presentation, Leadership and more....

You can transform once you are willing to change and lead the way....

Time for "Entratrainment"Curtains Up ...

For those who wish to connect and inclined to know more, please write to me at girish.dharap@sadagamay.com

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WeCare MasterClass Schedule for December '20



WeCare MasterClass – Online LIVE Workshops	Dates and Timings	ICTA Empanelled Master Coaches/ Trainers	To know more, and the Registration Link
Transformational Time Line Workshop	Dec 19 th – 20 th (02:00 PM – 06:00 PM)	Ganesh Srinivasan	http://www.icta-asia.com/timeline-transformation/
Jump-Start Your Business Workshop	Dec 19 th (09:00 AM – 12:00 Noon)	Smriti Goswami	http://www.icta-asia.com/jump-start-your-business/
Access Business & Money Workshop	Dec 20 th (09:30 AM – 05:30 PM)	Smriti Goswami	http://www.icta-asia.com/access-business-money/
Transactional Analysis (Foundation Course)	Dec 14 th – 17 th (06:00 PM – 09:00 PM)	Pratima Jadon	http://www.icta-asia.com/transactional-analysis/

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Upcoming Certification Courses Conducted by
Mind Matrix, Accredited to ICTA



ICTA Certified Online LIVE Courses	Dates and Timings	Organised by Mind Matrix Wellness Studio and Facilitated by	To know more and to Register, kindly click on the following link
Akasha Healing and Personal Empowerment Workshop	Dec19 th – 23 rd (03:00 PM – 07:00 PM)	Jack Makani	http://mindmatrixwellnessstudio.com/online-live-akasha-healing/
Certified Access Bars Practitioner Training	Dec 26 th – 27 th (03:00 PM – 07:00 PM)	Kusum Gandhi Vig	http://mindmatrixwellnessstudio.com/access-bars/
Certified NLP Coach Practitioner Training	Jan 2 nd – 24 th (03:00 PM – 07:00 PM)	ICTA Certified NLP Trainers and Master Coaches	http://mindmatrixwellnessstudio.com/certified-online-live-nlp-coach-practitioner-training/
Certified Enneagram Practitioner Training	Feb 06 th – 28 th (07:00 PM – 09:00 PM)	Julia Kubova	http://mindmatrixwellnessstudio.com/enneagram-practitioner-workshop/

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Appreciative Inquiry Practitioner**

Contact us:

Want to know more or speak to any of us, feel free to write to Mind Matrix Wellness Studio at info@mindmatrixwellnessstudio.com

WeCare....coz we truly do!
www.mindmatrixwellnessstudio.com