

# Reflections

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Rediscover your Mojo

Mojo Seekers, Founders, Incumbents, Seasoned Professionals

April 8-11, 2020,

Banyan By The Ganges, Vyasghat, Uttarakhand

## Mojo:

*A quality that attracts people to you and makes you successful and full of energy:*

Cambridge Dictionary

*Your **mojo** is your personal power or influence over other people.*

Collins Dictionary

*To be able to find something you like doing and be able to do it with passion, zeal and energy'*

Urban Dictionary

*If you have good **mojo**, you're popular, persuasive, and successful. It's not a permanent thing, though. You could lose your mojo. It's literally a magic charm bag, but these days you can have good mojo without all the baggage.*

Source: Vocabulary.com

## Nourishment for the Soul

'I am at the peak of my career but I feel empty! Why?'

'Things around have changed. I am at a crisis point. How do I find my right way to deal with this?'

'What next?' 'I am done with my duties and now have to live for myself. What should I do? How?'

'Things are going well. Time to step back and check in on self?'

If you find yourself asking these kind of questions and want to do something about it, **Reflections** can help you *rediscover your Mojo*.

The routine and the urgent in life does not present the opportunity to reflect. This needs the right space, deep introspection and a process of resolution.

Reflections is focused on assisting your journey towards 'Finding the Best In You.'

Whether you are a CEO, a start up entrepreneur or a person transiting to a different life stage, **Reflections** can help in '*Finding The Best*' in you.

## Programme Process

1. Prior to their arrival, participants will be expected to participate in a self-awareness exercise using online instruments. It will be discussed in one on one sessions and in the group at the venue.
2. Tools based on well-established psychological frameworks will be used to further aid in understanding self. These will be explored through group work as well.
3. Participants will also have to submit, in advance, two challenges they wish to gain perspective on. These will be discussed threadbare in the group.

# Programme Design

- Three and a half days residential programme
- Carefully curated participant list - free from organisational duplication
- Small group size
- Creation of safe space for sharing without judgment
- Facilitated sharing of perspectives from all
- Conducted in the hills of Uttarakhand - chosen for its tranquility and peace.
- Centred around reflection and introspection - will include meditative exercises and individual creative expressions

The outcomes of the facilitated process are:

- Finding or rediscovering your 'mojo'. Departing with a sense of joy, vigour and hope
- Participants gain greater awareness of self and work on progressing towards their natural, congruent higher self
- Participants gain perspectives on dealing with some of the common leadership challenges. This gives them practical and different solutions to experiment within their-lives and workplaces
- Articulation of personal passions, goals and a plan for achieving that.



**Sanjeev Roy**, Managing Partner, Bullzi Inc, will be the chief facilitator

## Programme Logistics

Tentative Dates: 8th to 11th April, 2020. Departure from Delhi will be by air on 8th morning. Return will be by air on the evening of the 11th. Journey from Dehradun and back will be by taxi.

Group Size (Including facilitators) - between 8 and 10

Cost per head - Rs 70,000/-

Cost includes:

- Stay in individual luxury tents during the duration of the programme
- All meals during the programme
- Taxi from and to Dehradun Airport
- Cost excludes:
- Airfare to Dehradun
- Taxi to and from Delhi airport
- Special need items like alcohol, cigarettes, medicines...
- Special snacks or food ordered for will be charged separately
- Taxes, as usual, are additional

Contact Sanjeev at [sanjeev@bullzi-inc.com](mailto:sanjeev@bullzi-inc.com) or Sangeeta at [sangeeta@bullzi-inc.com](mailto:sangeeta@bullzi-inc.com) or on +919811110747/9818147699 or visit us at [www.bullzi-inc.com](http://www.bullzi-inc.com) now.



## Hear what earlier participants have said:

"Reflections program was great in helping me introspect through a well defined process. The program was well organised and the experience was truly relaxing. I feel energised and highly focused. I highly recommend the program."

**Currently Entrepreneur and Former COO of a large Media**

Link to articles published in the Mint  
<https://bit.ly/2Dtlhgv> - Alok Agrawal

<https://bit.ly/2FCtCRf> - Mamta Borgoyary  
<https://bit.ly/2sR516D>

Other articles on rediscovering your Mojo:

<https://www.linkedin.com/pulse/finding-your-mojo-recognising-true-self-sanjeev-roy/>

"I initially had little expectation about the program. By the end of the workshop, I felt that this is one of the workshops, which was able to provoke me constantly with the question 'Who are you'? I have asked this fundamental question to myself more than 30 times in 4 days and the process of the workshop helped me understand my strength and weaknesses both at professional and personal level."

**Head of Operations, Leading Management Consultancy, Nepal**

"I went with expectations of solving some organizational goals but what I experienced there was much more. For me there were two key things: interacting with peers and knowledge sharing on key issues/problems and finding solutions; and more importantly, Reflections enabled me to reaffirm what I was doing was in the right direction and showed me the path for my next goal. Being in a remote part of the hills helped achieve all this and more as we were well away from the daily grind of work!"

**CEO, Reputed PR Agency**

“A must do programme for understanding one’s self better. Helps you develop thought patterns as to recognizing what is truly critical” -

**Founder, Data Analytics Firm**

“You get so busy doing your thing (however exciting and enriching it might be) that you neglect your inner self, even if you are a deeply introspective being. Reflections holds up a mirror to yourself – helps you see the parts you don’t see or neglect. Sanjeev has designed it so that the whole process is deeply enriching, non-threatening, yet a really honest way of connecting with the best in yourself”

**Global Creative Resources -  
Leading Social Sector Organisation**

“Have attended more than 50 trainings so far, but this is the best among all. Thanks for giving me the best time of my learning life. I will remember forever.”

**Head of the most successful start ups in Research and Consultancy, Kathmandu**



bullzi<sub>inc</sub>

**Finding the best in you**

*All photographs used are of the actual venue*