

CELEBRATE BEING A WOMAN

(Bring out the most beautiful you)

Objectives

1. Realize that it is a profound privilege to be a woman and learn to celebrate being a woman.
2. Understand oneself at a deeper level and fall in love with who you are.
3. Stop comparing and competing with men and unleash the power of being feminine.
4. Take charge of your life and create a life that you truly want.
5. Learn not to be affected by what others think of you and say about you.
6. Learn to convert problems and challenges into opportunities.
7. Understand how your own thoughts and feelings are creating your life.
8. Learn to be free from stress.
9. Learn to deal powerfully with negative emotions.

Sista Murty, Founder and Chief Coach of ipowercelebratelife.com

Sista Srinivasa Murty is author of two books, **CELEBRATE BEING A WOMAN** and **APARAJITA**. He is a personal Transformation coach and trainer with two decades of experience. He has in his kitty, some scientifically developed and thoroughly perfected self-development tools that are proven through practice.

With deep mastery over individual transformation, Sista has many success stories where he helped many to get started in life, get ahead of the race and keep going even when the going gets tough. Clarity, compassion and confidentiality with his clients make him a much sought after mentor and a personal guru of many. His book **Celebrate Being a Woman** has been a life changer for many women.

Sista is a graduate in engineering from SVNIT, Surat and has an MBA from Sri Satya Sai Institute of Higher Learning. He was a founder faculty of management at Amrita Viswavidyapeetham and later found an experimental B-school for the social upliftment of rural masses in Coimbatore. He was on the management of several companies before dedicating himself to fulltime study and practice of psychological transformation tools that unleash inner potential and develop it into extraordinary performance. His group training programs transformed thousands of youth from colleges and corporates in various states. Several top executives and organizational leaders benefitted personally from his consultations. Presently, he is focusing on Conducting 'CELEBRATE LIFE', 'CELEBRATE BEING A WOMAN' and 'SELF LEADERSHIP FOR YOUTH' programs across the country.

About Ipower Celebrate Life

ipower Celebrate Life is a personal transformation company established in 2001.

ipower is a company of practitioners. We started off as sincere students. We have tried and practiced many techniques and stumbled upon the deeper inner realms of unlimited power, strength and joy. This realization enhanced our ability to create extraordinary results. It has also helped us to lead

happy and uncompromising lives true to our heart's desire. This joyful state of being prodded us to share some of our workable paradigms with others.

As practitioner coaches we have started sharing our experiences with small gatherings of people. We come from the paradigm of deep respect and strong appreciation for the inherent greatness of human beings. Our simple and humble approach is to stand by people with unconditional love as they are struggling to reverse their years of past conditioning and unburden themselves.

Over a decade of our existence, we have coached over twenty thousand people and helped them to discover their inner world. This helped them to creating extra ordinary results in all areas of their lives. Our technology has made an enormous difference to them and enriched their lives greatly. Many of them have discovered to their delight that nothing is impossible when they come from the inside out paradigm and change their feelings and thinking.

Our Vision:

To create one lakh Celebrating families through training Women and Youth

Our Mission

To create authentic leaders who have pure hearts and positive minds. These leaders are emotionally intelligent and live by inside out paradigm. At deeper level they accept and unconditionally love themselves.

We are, in short, offering the revolutionary fruit of years of labour and self-discovery so that we can help build a nation of leaders. After considerable success in our real time courses, we wish to reach out and touch One Lakh Families.

This would be accomplished by creating ipower coach network and ipower centers all over the country. We will also use the technology to reach as many people as possible.

Our Values

- Passion for making a difference
- Unconditional love
- Forgiveness
- Respect
- Living in the moment
- Celebration of life

Testimonials

My experience with the program was, I started thinking positive, I realized the hidden potential in me, forgot many hurting things in my life, fear totally dismissed, I gave up thinking negative and became strong in the mind.

Monica Noble, TCS

To know the power that is hidden within 'U' we can step in to this program, here we can develop as an individual as well as group. During this course we have learnt and indulge many aspects, some of them are: Stress Relief, Anger Control, Time Management, Communications skills.

We understood our strengths weaknesses and also the inner dynamics of our personality. We also learnt how and which area each individual need to be improved to get better. And finally we were encouraged to set a proper GOAL according to our wish and vision and strive towards that. Thanks SISTA MURTY for making us all the unique pieces

Dedeepya, PMACCS

I learnt to love myself and thereby to be lovable to others. Keeping mind positive is yet another thing I learnt.

G.Poongothai

I was very confused until I attended this workshop by Sista Murty. I got confidence and I am going to achieve something in life.

D.Renuka Devi

Your session was an eye opener to discover myself how great I am. I got the insight that I am great and everyone is great, I am lovable and all are lovable, I am the best and all are best. Thanking you for enlightening me on these truths.

Soniya krishnaraj

I enjoyed the session from the bottom of my heart. I got the realization that I need not care as to what others think about me. I will now do what I feel is right and stop bothering about others reputation on me.

C.Brindha

You made me feel I am the best in the world.

B.Ramya

You made me feel that I can achieve anything by keeping my mind positive. Nothing is impossible. Thanks sir.

R.Pradheepa

This is a program to build a good character. One can develop ones confidence by doing mirror exercises, adopting positive thinking, coordinating in a team and enhancing leadership qualities by using simple techniques. This program can even help increase our concentration power by listening to meditation audios.

Through this program I increased self-confidence. Now, I am happier than before because my mind is a bit more positive. Because of this program I could lead my project team very successfully. In every aspect of my life this program has a hidden role and I am happy to be a part of ipower.

M. Naga Radhika, Software Professional, Hyderabad

I underwent training by Sista Murty. The quality of the program is really laudable. I still use the techniques to overcome stress, anger and fear. After the training I could find a scalable difference in myself, more pleasant and more energetic, confident above all I started seeing life in a true angle and set a goal for myself. In pursuit of my goal I am still using these techniques even after 4 years. Sista Murty is like a coach for our life. Hope everyone makes better use of his program and techniques with open mind and explore the real 'U' in yourself.

Sai Keerthi, Bank Manager, Vijayawada