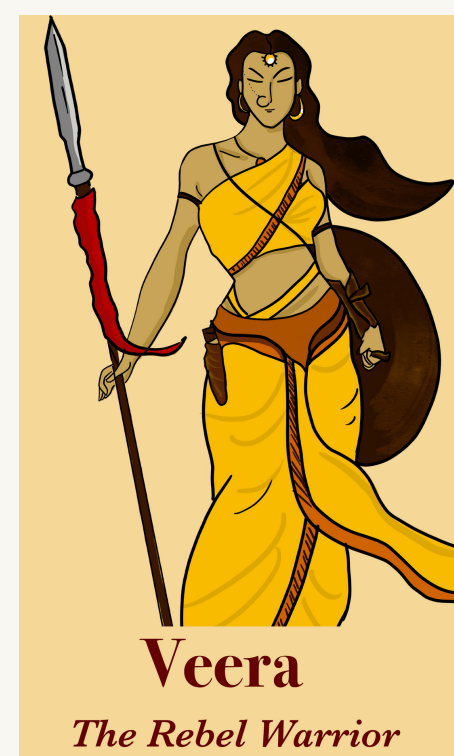
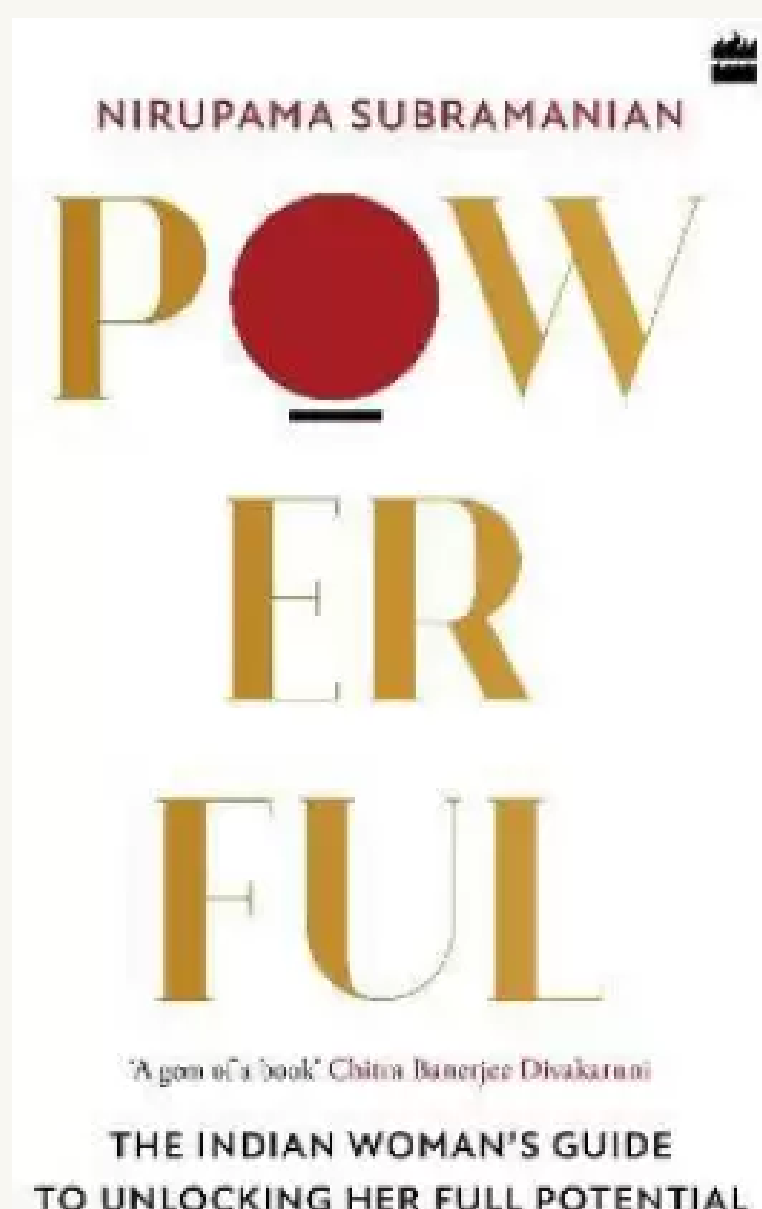
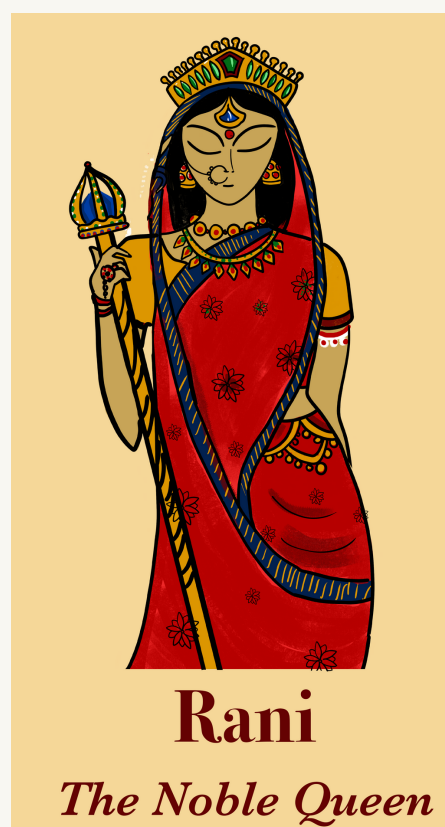
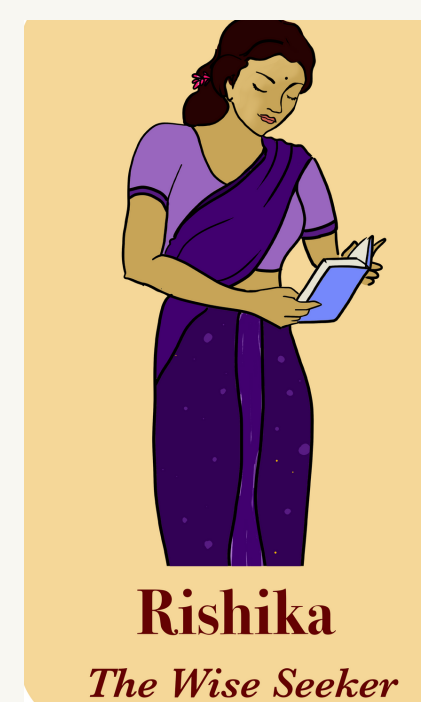


# IDENTIFY AND OWN YOUR FEMININE POWER

A MOVEMENT TO ENABLE AND  
NURTURE WOMEN LEADERS



## Six Feminine Powers model





# The **POWERFULIFE** System

The Powerfulife system is based on the Six Feminine Powers model from the book **Powerful - The Indian woman's guide to unlocking her full potential** by Nirupama Subramanian. It includes Powerfulife **Assessment and Coaching**, Powerfulife, **Inspire Sessions**, Powerfulife **Leadership Development Journey**.

Here is what leaders are saying about Powerfulife -

"Self-belief is the key that liberates us from doubts and diffidence to unleash our true potential. Nirupama Subramanian provides guidance on how to do this."

- **Kiran Mazumdar-Shaw, Executive Chairperson, Biocon**

"Thankyou Nirupama Subramanian, for a very insightful and sensitive conversation from authoring books to parenting and all the wonderful insights and sharing of lived experiences as a working professional. It truly was a wonderful evening."

- **Jacintha Jayachandran, Advisor Enquero- A Genpact company**

"The six feminine-power models will help Indian women understand themselves and the world around them better, overcome their limiting beliefs and live their full potential to create a just and equitable society."

- **Debjani Ghosh, President, NASSCOM**

"Identifying the six feminine types is a great way to help women leverage their power."

- **Shiv Shivakumar, Group Executive President, Strategy, Aditya Birla Group**

"Nirupama Subramanian has written a gem of a book. Her fascinating analysis of the six feminine powers is bound to inspire readers and open their eyes to their own deep and unique strengths - strengths with which they can break age-old boundaries."

- **Chitra Banerjee Divakaruni, author of The Forest of Enchantments and The Last Queen**

"Thank you Nirupama for a wonderful session for the WESCALE entrepreneurs wanting to scale."

- **Ipshita Kathuria, Founder Talentnomics**



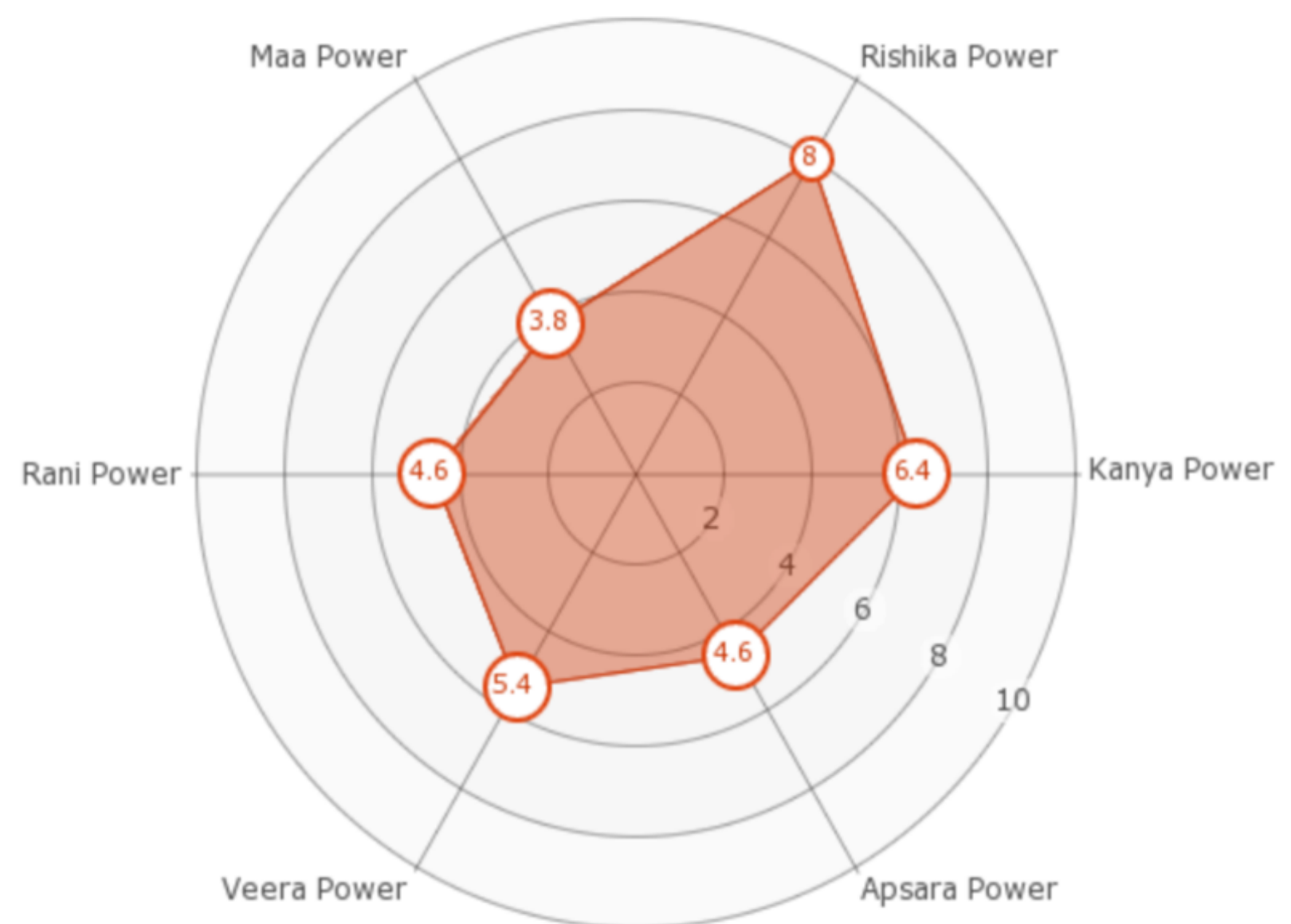
# Assessment and Coaching

The Powerfulife Assessment is the only research based validated tool created for women in the Asian context.

You can take the test at [www.powerfulife.in](http://www.powerfulife.in)

## THE POWER PROFILES-A COMPARISON

Power Profile Features	Free Version	Personal Growth Version Rs1000/13\$ (incl taxes)	Leadership Version Rs2500/33\$ (incl taxes)
Overview of how Archetypes work	✓	✓	✓
Description of positives and blocks of each power		✓	✓
Detailed scores across all Six Powers with a composite graphic		✓	✓
Detailed description of your Dominant Power	✓	✓	✓
Detailed description of your Secondary Power		✓	✓
Detailed description of your Latent Power		✓	✓
Self Reflection Questionnaire	✓	✓	✓
Implications of the Six Powers on Leadership attributes of Problem solving, Decision Making, Teamwork, Planning and Strategizing, Influencing and Motivating Others, Branding and Networking			✓
Possible Leadership challenges			✓
Ideal work environment			✓



## Group Coaching

An immersive small group session

### Outcomes

- Learn how to use and interpret the power profile
- Understand how to leverage dominant and secondary powers
- Understand how to overcome power blocks

**Duration** - 3 hours

**Participants** - 20

## Individual Coaching

1 on 1 interaction with a certified coach

### Outcomes

- Deeper understanding of own profile
- Link the powers to own goals and challenges
- Understand how to leverage dominant and secondary powers
- Create a personal development plan based on the profile

**Duration** - 2 hours

**Participant** - 1



# POWERFULIFE

## Powerfulife Inspire Session

Short duration interactions to inspire, engage and enhance awareness of the concepts in Powerful.

### Some of the Powerfulife Sessions



### Discussions and Fireside chats

Interaction with the author of Powerful with purchase of copies of Powerful

**Outcomes**

- Enhance awareness of Powerful concepts
- Engagement with internal networks
- Enhance connect and motivation for D&I

**Duration** - 60 minutes

**Participants** - Unlimited

### Inspire sessions

Short duration workshop on the theme of Becoming Powerful

**Outcomes**

- Deeper understanding of Powerfulife concepts
- Overview of Six Feminine Powers model
- Learning on use of Powers in own context

**Duration** - 60-90 minutes

**Participants** - 20-30



# Leadership Development Journey

A sustainable long term immersive program for women to learn the mindset and skill sets to enhance their leadership potential. This can be further customised to specific organizational needs.



## Program outcomes

- Understand own power profiles and life context
- Learn practical tools to overcome power blocks
- Acquire leadership skills relevant to each power
- Develop a powerful language to understand self and others

## Program Logistics

- Duration- 6-8 months
- Audience- 12-25 women
- Delivery- in person or virtual
- Can be used along with Powerfulife assessment and coaching
- Post workshop reinforcement tools
- Facilitation by experts



# About Growing Leadership of Women

Our mission is to enhance inclusion and empower women to create a more just and equitable world. We do this by providing personal and professional growth resources to corporates, entrepreneurs and communities.

Know more about our work at [www.glowforall.com](http://www.glowforall.com)

## Our Founders



### **NIRUPAMA SUBRAMANIAN**

Leadership Development Facilitator  
Coached and trained over 25000 people  
from 75 organizations  
ICF Certified coach- PCC  
Co founder- My Daughter is Precious  
Best selling author and columnist

### **APARNA MATHUR**

Leadership Coach, Facilitator  
Development sector volunteer,  
Classical Dancer  
Co founder of DEEP foundation



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