

**SHOOLINI  
UNIVERSITY  
SOLAN, HP**

# **Report on Additional Support for Learning - V EMPOWER Coaching**



## The VE -V Empower Coaching program

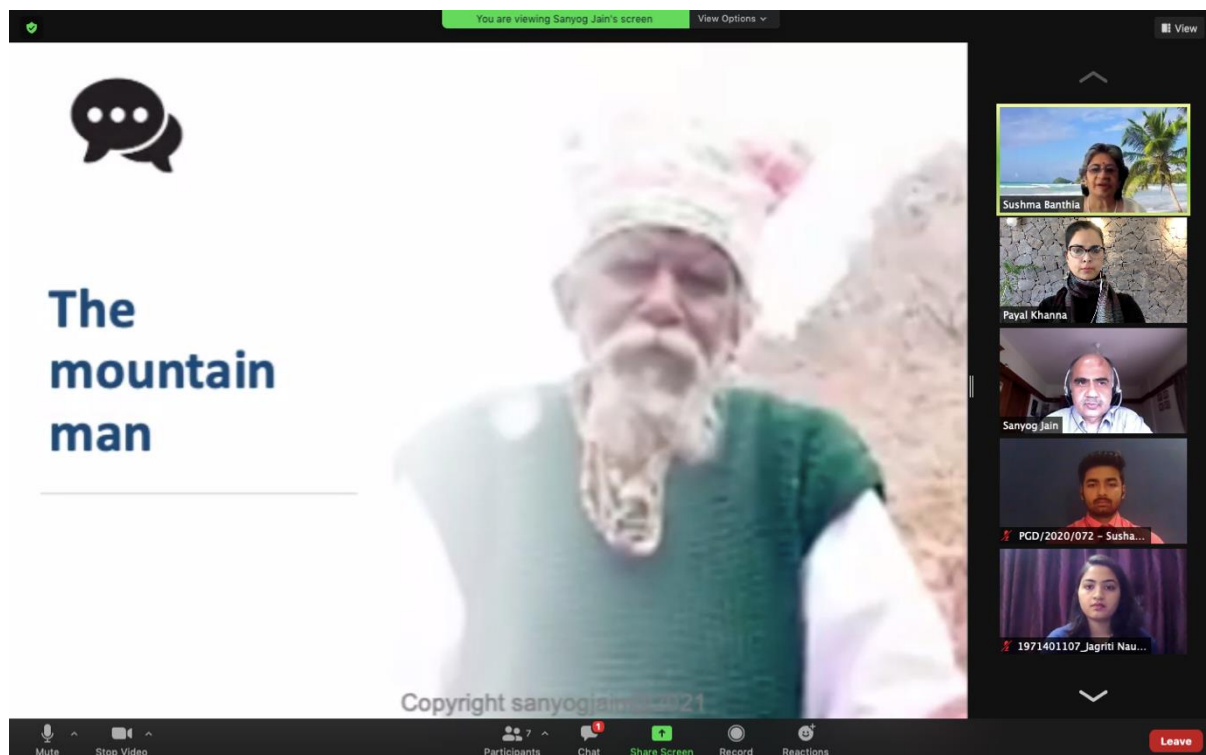
### Topic – Session 1: Winning from Within

Saturday, 15<sup>th</sup> of May 2021

The **VE -V Empower Coaching program** being run at the Shoolini University organized its first session in the series of seminars to be conducted for student development aimed at empowering the youth which will be continued in the future as well. The sessions are being organized by Ms. Payal Jindal Khanna under the esteemed guidance of the Honorable VC Prof Atul Khosla.

The objective behind planning this session was multifold-

1. To enable individuals to understand how the ingredients towards success are inherent.
2. To build awareness to capitalise on those inherent strengths.
3. Resilience and perseverance in working towards a purpose are the high-points of success.



***ICF Coach Ms. Sushma Banthia and ICF Coach Mr. Sanyog Jain articulating the road to success***

The fast changing business environment was enough of a challenge for the graduating students when combined with the pandemic it seems there is only uncertainty and nothing else everywhere.

Honestly no one knows when the dark clouds will lift but it is time that we concentrate on things that have not changed.

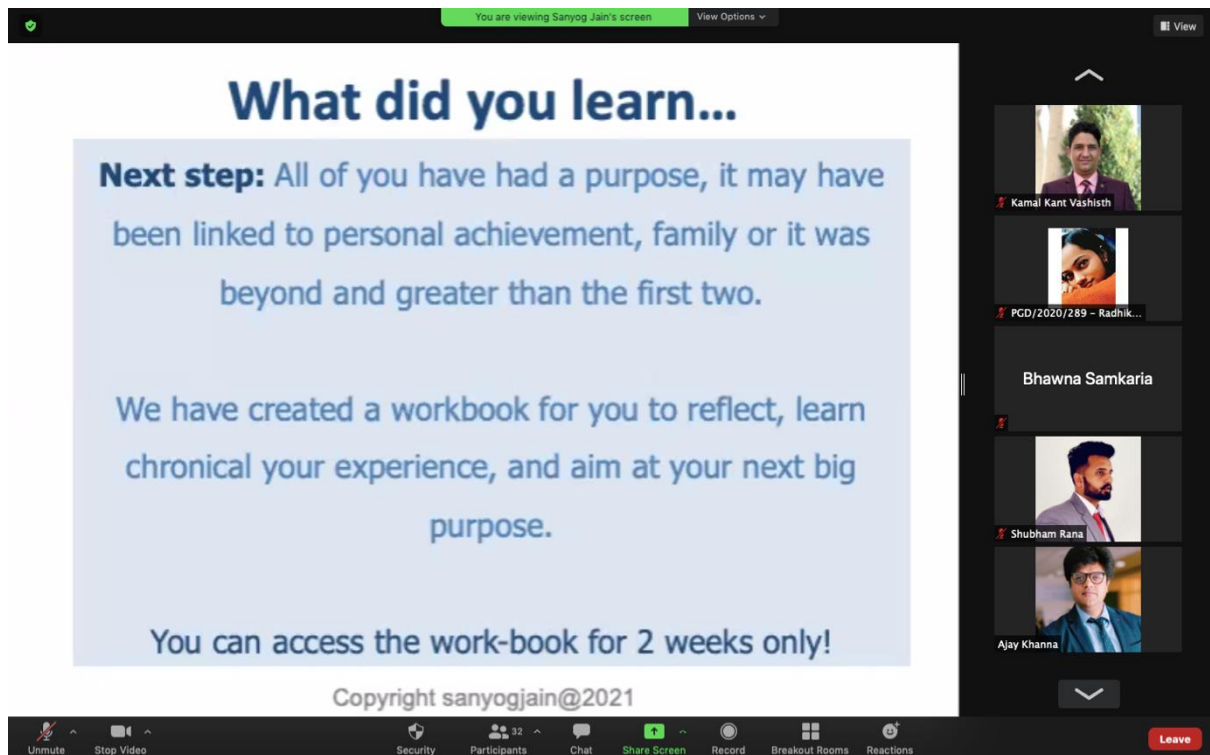
One such thing is the secret to achieving success. Truthfully, the word secret to success is a misnomer as there is no secret to success- everything about success is out in the open, it has been like that for 100 years and will remain the same for the next 100.

The screenshot shows a Zoom meeting interface. The main content is a presentation slide with the title "How to bounce back" in large blue font. Below the title, there are three images: a portrait of a woman, a portrait of a man, and a photograph of a cricket player in action. To the right of these images is a quote in blue text: "When a person goes into a slump...the things he doesn't like to do have become more important than his reasons for doing them." On the right side of the screen, there is a vertical stack of five video thumbnails showing different participants. At the bottom of the screen, the Zoom control bar is visible, including icons for Unmute, Stop Video, Security, Participants (32), Chat, Share Screen, Record, Breakout Rooms, Reactions, and a red Leave button.

***ICF Coach Ms. Sushma Banthia and ICF Coach Mr. Sanyog Jain encapsulating the spirit of bouncing back and demonstrating resilience***

The natural question then is why is it so few people succeed in their field? It is because successful people develop the habits of doing things which failures are not willing to. At the same time forming new habits is not easy and giving up old habits is even more difficult. If one wants to know the success habits in the internet age one can Google that information easily. But, there is something more which is required to motivate an individual to ACTION the habits and that is PURPOSE. Purpose is something which is so personal that the only way to know it is by finding the true meaning behind our goals. The encouraging thing is that at one time in our life all of us had a purpose. We may not have seen it as a purpose but we have experienced the power of purpose.

In an highly interactive session the two senior facilitators, Sushma Banthia and Sanyog Jain shared with the participants how they can uncover meaning behind their goals.



The screenshot shows a Zoom meeting interface. The main content is a presentation slide with the following text:

## What did you learn...

**Next step:** All of you have had a purpose, it may have been linked to personal achievement, family or it was beyond and greater than the first two.

We have created a workbook for you to reflect, learn chronical your experience, and aim at your next big purpose.

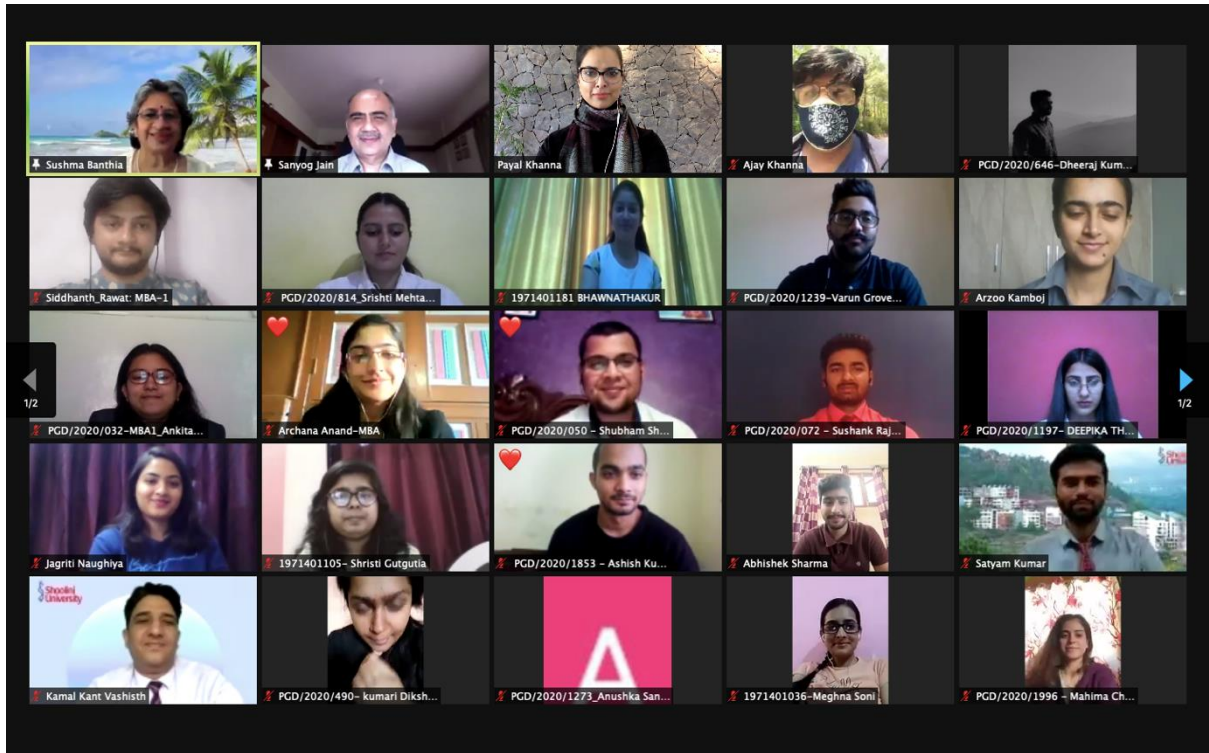
You can access the work-book for 2 weeks only!

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On the right side, there is a vertical list of participants with their profile pictures and names: Kamal Kant Vashisth, PCD/2020/289 - Radhik..., Bhawna Samkaria, Shubham Rana, and Ajay Khanna. At the bottom of the screen, there is a toolbar with icons for Unmute, Stop Video, Security, Participants (32), Chat, Share Screen, Record, Breakout Rooms, Reactions, and a red 'Leave' button.

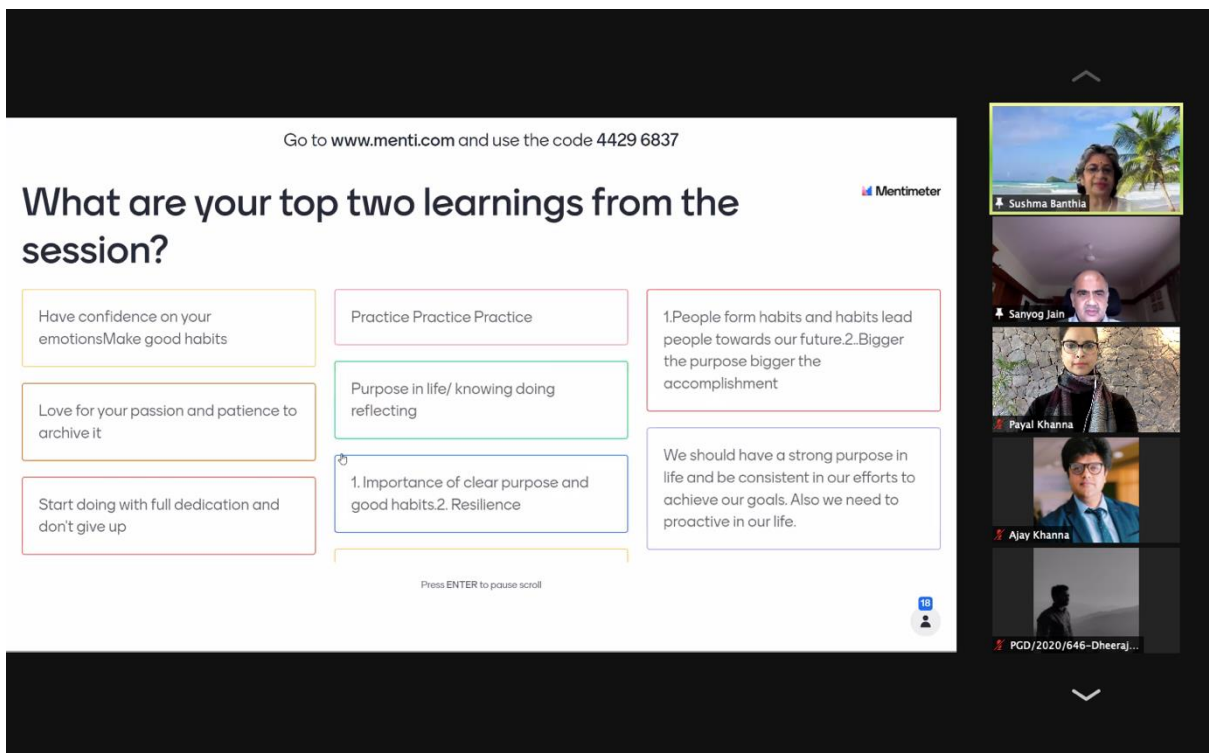
***A recap of the understandings from the workshop***

Sushma Banthia a Certified Leadership Coach and Facilitator focused on people development and passionate about helping leaders improve their own and team's performance shared that coaching must have a holistic approach. It must enable individuals to win from within. She said that right attitude, timeless habits, and practice were vital for success.



***ICF Coach Ms. Sushma Banthia opining on the elements that build success from within***

The participants explicitly shared their learnings from the session and highly praised the workshop content and delivery.



***The take-aways captured at the end of the session***

29 students who attended the Winning from Within Workshop

1. Varun Grover
2. Sushank Raj
3. Satyam Kumar
4. Srishti Mehta
5. Aditi Dadhich
6. Kumari Diksha
7. Shubhangi Singla
8. Siddhanth Rawat
9. Dheeraj Kumar
10. Ashish Kumar
11. Archana Anand
12. Abhishek Sharma
13. Radhika Sitholey
14. Arzoo Kamboj
15. Jai surya singh thakur
16. Shubham Sharma
17. Ankita Sharma
18. Deepika Thakur
19. Mahima Chauhan
20. Anushka Sankhwar
21. Shristi Gutgutia
22. Jagriti Gupta
23. Anjali gaur
24. Bhawna Samkaria
25. Ankusha
26. Ankush Bhardwaj
27. Meghna Soni
28. Bhawana thakur
29. Labham Dubey