

Thriving with Pride

A workshop for LGBTQIA+ employees

- Accept your authentic self at work
- Navigate barriers to thriving
- Amplify your authentic voice
- Actionable practices for resilience



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(he/him)

Co-Founder of Evolve; Alum of BITS Pilani and IIM Ahmedabad with over 10 years of leadership experience at Fortune 500 Co's.



Richa Vashista
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'Most Prominent DEI Leader' by World HRD Congress; 10+ years experience drawing from her own identity as queer & neurodivergent.



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Co-founder of Evolve; Facilitated Mindfulness & Emotional Intelligence programs for 1000s of individuals and leaders globally.

 Bangalore International Center

 9th June, 2.30-5PM

₹ **5,000**^{+GST}

20% Early Bird discount
before 25th May



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Workshop structure

Part 1: Intro + Your core values (45 minutes)

- Understand what values are authentic to you and why
- Discover what you value in your external environment at work
- Learn how can you build your work life around these values

Part 2: Your barriers to thriving (45 minutes)

Internal barriers

- Become aware of your own limiting beliefs (perfectionism, imposter syndrome, spotlight effect, internalised homophobia, etc)
- Learn to reframe your thoughts into powerful empowering beliefs

External barriers

- Learn to deal with microaggressions, prejudices, etc you face at work
- Learn to proactively identify triggers and manage your own responses better

Part 3: Dive into a specific challenge - Group activity (30 mins)

Part 4: Your action plan for sustainable change (30 mins)