

# Our Identities



## ABOUT US

We are a group of individuals, who have over the last few decades, co-travelled in the Process work journey. We have worked in various roles, from Coordinators, Facilitators, Program Directors and Interns, with some of the premier Process Work institutions in India.

The need for **Our Identities** has emerged quite simply, because of our desire to focus on experiential explorations relating to identity formation. A need has also been felt by some of us to move towards an institutional space that creates and offers simultaneous opportunities for experiential & intellectual understanding of the theories and writings of eminent psychologists, sociologists and also mythologies that form the underpinning of this vast field of Process Work. This, we feel, will help de-mystify this work and hopefully, help Labs become a place to learn in and simultaneously enable people on their own, to ACT in their 'back at home' spaces.

*In these pandemic affected times, most of those we encounter are in a sort of 'forced introspection' time and space. Many are spending more time at home than ever experienced before. Many are facing anxieties and intensities not experienced in a long time, many are re-examining the reality of what one has 'wanted' for a long time. Psychologically, COVID-19 has wreaked havoc across our many worlds; familial, financial, social and professional.*

*This, we feel could be an appropriate time to take a look at ourselves as we brace for a [hope fully soon] post COVID-19 era. So, we are offering a mid-year Personal Growth Lab in July on these dates:*

**Dates:** Sunday 12<sup>th</sup> July 2020 to Friday 17<sup>th</sup> July 2020.

**Venue:** G9 Human Capital Services, 14, 11<sup>th</sup> floor, Business Bay, Shri Hari Narayan Kute Marg, Mumbai Naka, Matoshree Nagar, Nashik, Maharashtra 422002.

Later this year, in **October** we are offering 3 programs:

1. **Personal Growth Lab [PGL]**
2. **Phase-I of our Professional Development Program in Psychoanalytical Interventions [PDP-PI]**
3. **Phase-II of our Professional Development Program in Psychoanalytical Interventions [PDP-PI]**

**October dates:** Sunday 18<sup>th</sup> October 2020 to Friday 23<sup>rd</sup> October 2020.

## WHO COULD ATTEND THESE PROGRAMMES?

You could be a Psychologist, Educationist, Counselling / Coaching / Training professional, an HR Professional or an individual with a passion for bringing change to one's own and people's lives.

We also encourage home makers who would like to enhance their understanding and awareness of the self and their role in their spaces.

## PERSONAL GROWTH LAB [PGL]

*Open to anyone who wishes to attend. The programme in July 2020 is a non-residential programme at Nasik.*

The PGL is a 6-day intense & immersive experience that often leads to life-changing discoveries of the self and identity locations and structures operating in self and role.

The lab typically offers participating members an environment of non-judging exploration of the self and one's own psychosocial history. This can lead to a better understanding of the past in a 'here & now' context. Our understanding of 'here & now' is that '**here & now**' is a product of every individual's past & history of experiences. Explorations are taken to the next level of awareness that makes it possible to look at the tensions that exist between the self and the several roles that each one of us essays.

We use several structures based on the work of Sigmund Freud, Erik Erikson, Melanie Klein and often explore through the medium of psychodrama. The lab usually has about 35 hours of session/work time.

All participants are expected to make and submit a report of their experience and commitment to change.

## PROFESSIONAL DEVELOPMENT PROGRAMME IN PSYCHOANALYTICAL INTERVENTIONS [PDP-PI]

*Entry is by invitation only to those who have attended the PGL. Interested individuals who have participated in Process Labs for at least one week may attend Phase-I after writing a statement of purpose.*

This is a 2 phase Internship of two 6-day immersive labs. Each phase usually has about 35 hours of session / work time.

The PDP-PIC is intended for individuals who intend to take this work further, to increase their understanding and awareness of themselves and their identity patterns for self-development and also join labs in the role of a Psychotherapeutically abled facilitator.

**Phase-I:** This phase takes Life Role Explorations [LRE] and Self & Systems Interface to the next level of depth and skill sets.

Processes that are at work in the 'unconscious' in designing interventions and sessions are looked at, keeping the pulls, pushes & propensities of the self and the tensions between role & self in the foreground. The connections between theory and praxis of psychoanalytical methods is examined in granular detail.

This internship program benefits professionals who intend to increase their sharpness for group diagnosis, intervention design and an enhanced understanding of Organisation Psychodynamics within their organisations, institutions and client systems.

There are two live projects that participants will be required to complete between Phase-I and Phase-II. There could be up to 10 hours of contact sessions with a facilitator in this Inter-Phase period.

**Phase-II:** This phase is a return to the self, in the context of co holding the self and role as a facilitator in training. The program offers multifarious opportunities for hands on experience in diagnosis, designing and conducting sessions.

The invitation will be to examine and unpeel the sources of anxiety, smallness, shame and other multihued emotions that make us and keep us human in these roles.

### WHAT CAN I EXPECT FROM THESE PROGRAMMES?

Upon attending our labs, you will be able to make action choices in your struggle for meaningful professional satisfaction. You may find the patterns from your histories that have acted as roadblocks in your journey and learn relevant theoretical frameworks to better understand yours` and other's experiences.

Our labs will enable you to apply the learnt theoretical framework to various professional challenges in the development of people and systems involving people. You will be able to plan, develop and implement interventions for issues being faced by client systems. The unique needs of every participants personal and professional spaces are addressed in our Review & Application Sessions.

The PDP-PI internship helps you to confidently claim your place in consulting and change management. Participating members are more likely to respond proactively to the demands of your contracts, clients and yourself.

### THE INVITATION

In today's fast-paced world, the focus and the pressure on individuals of all ages is to 'become' someone. These processes of 'becoming' are often the source of some of the 'identities' we take on.

We invite you to take a pause and look at a mirror and peer at the 'being' that you are, and reacquaint oneself with the disowned and often undiscovered 'identities' of the self, that form an essential part of your being.

Whatever difference our histories may have as individuals, as Humans we often encounter some of these questions;

*"Why am I the way I am? Why is my world the way that it is? Why does this happen to Me always? Where do I belong? Who, then am I?"*

Do you think the universe often conspires against you? Do you aspire for higher truth and meaning? Are you consumed by feelings of not being 'understood'? Some of these questions can be encountered during this program.

This program is also for all of you who have gone through your lives until now, doing what one **'should'** do. Take a pause now to look at what you might **'want'** to do!

In this pause, we walk along with you on a journey

- To engage with yourself in a journey to rediscover the self and make friends with one's own image.
- To discover various layers of your diverse 'identities'.
- To get in touch with and rekindle inner desires that may have fallen to the wayside in the growing up and 'becoming' processes.
- To connect with co-participants from diverse walks of life with varied experiences.
- To resolve issues in your personal and professional areas.

The quest and willingness to engage in such an examination – or self-reflection – is what we invite you for.

## SO HOW DOES THIS WORK?

Process Work as we experienced it and continue to practice it believes that our lives and our unique experiences are the raw material for inquiry and learning – for others and for ourselves. This forms the central core of our engagement. An examination of our assumptions, beliefs, behaviours, emotions, experiences and the contexts we live in forms the platform of this engagement.

The quest then is to discover from sharing experiences, leading to one's own unique meanings, re-definitions, choices and directions that are available as in the here and now.

In offering 6-day Process Work labs, our primary objective then, is to provide an opportunity for people from different walks of life to take a pause and reflect upon themselves, their relationships, their roles in the various contexts they belong to. In doing so, we will endeavour to equip you with a set of skills to explore further for oneself and for others if you wish to do so.

If you have any questions about the PGL or any other questions, please contact us. Contact details are at the end of this note.

### FACILITATORS



**Uday Mazgaonkar** has worked independently since 2004 in the field of Applied Behavioral Science and Outdoor Development Programs for the Educational and Organizational sectors. Uday has been actively involved in the study and application of Behavioural Sciences as an Institutional Member and the Programme Director for three Summer Programmes of Aastha Foundation for Human Learning & Growth. Has staffed several labs at IIM Ahmedabad & IIM Lucknow. He is part of the team that conducts an Advanced Leadership course at IIM Udaipur. He is also part of the Faculty team of the ICC programmes since 2015. He has also been a Staff Member in several Group Relations Conferences offered for MRPL and HPCL, in addition to having been an Administrator and Staff Member in The India Conference in 2015. Worked as an Associate Director for TIC 2017 & in 2019. Completed PCPICC offered by Tavistock Clinic UK & Sukrut. Holds the role of Conference Co-Director in 2019 & 2020 for Sukrut's ICC labs.



**Pallavi Naik** has been in the field of education since 2000 at Bangalore. Started off as a teacher in the primary section at Prakriya Green Wisdom school, she then worked as the coordinator in the same school. She is currently working as an Instructional Lead at **The Samhita Academy** in Bangalore. Pallavi completed her internship at Aastha Foundation in 2004 and now is the institutional member of this organization. She attended the winter program at Sukrut's ICC and completed PCPICC offered by Tavistock Clinic UK & Sukrut India. She was a member of The India Conference 2019. Pallavi has varied and extensive of facilitating Labs with many educational institutions and corporate houses.

*(Not available for the JULY 2020 program.)*



**Dinesh Korday** has been working in the field of Software Development since 1996. He started his career as a trainer in the IT sector in 1994. He worked in the field of Outdoor Development Programmes for the educational and industrial sector. Dinesh independently runs Modulus Software, an organisation he started in 2003. He is actively involved in The Himalayan Club for the past decade and is a member of the Managing Committee. He has completed his internship in Sukrut's Inward Change Conference in 2019. Dinesh is an Intern in the Professional Development Programme of Our Identities, and is co-facilitating Process Labs as part of the internship.

## Practical arrangements:

- **Programme Venue:** G9 Human Capital Services, 14, IInd floor, business bay, Shri Hari Narayan Kute Marg, Mumbai Naka, Matoshree Nagar, Nashik, Maharashtra 422002.
- This is a non-residential programme.
- *Tea/ coffee and lunch will be arranged for at the venue at the appropriate break timings.*
- *We will have chairs and / or floor seating for the programme.*
- *Please wear comfortable clothing as you find appropriate. There is no requirement of formal attire.*
- *Working hours will be between 0900 hrs and 1830 hrs on most days. 0900 hrs to 1930 hrs on 14<sup>th</sup> & 16<sup>th</sup> July.*
- *Participating members are expected to attend all sessions.*

## PROGRAMME FEES

- The fees for the July 2020 programme are Rs. 8000/- per member. These include hospitality and venue costs.
- The fees are to be paid in cash to Mr. Sanjay Tathed on 12<sup>th</sup> July 2020 at the venue.

## CONTACT DETAILS

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