




am **i** Ordinary
... or Unique?

Discover many facets
of the unique You!

OUR | IDENTITIES

www.ouridentities.in



identity

All of us, irrespective of our gender, age, profession, social or economic reality find ourselves in this never ending and everchanging pull and push created by the many roles we find ourselves in at all times. What is often even more complex is the multi-layered and multi-faceted identities we are located in; we have different social identities, cultural identities and role identities, all anchored in a multi-layered self-identity. It is this core identity with its various manifestations and layers that determines how we essay our roles in our worlds.

Our Identities invites you to a journey of discovery in this fascinating world of **roles** and **identities** which form the vibrancy, colouring pigment, texture and how we experience the canvas of our life... in the context of the past and the present.

About Us

We are a group of Leaders in the fields of education, environment, theatre, mental health and hospitality 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. We have in the last few years, also been joined by leading professionals from the Assessment/ Development domain.

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 demystify 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. We have also discovered with our participating organisations and individuals that role and identity explorations create a lasting impact on professional and business perspectives.

We have now left behind the tumultuous times of the pandemic. As we moved forward, we have also realised that new challenges have come up as the world came back to the expectations that have a pre-COVID flavour. It is also a time for organisations and individuals to align with new meanings and demands of these times when COVID is actually a distant memory that needs to only be seen in the rear-view mirror.

We are offering the following programmes in July 2024:

1. Personal Growth Lab (PGL): 23rd – 28th July 2024.
2. Phase-I of our Professional Development Program in Psychoanalytical Interventions (PDP-PI): 23rd – 28th July 2024.
3. Phase-II of our Professional Development Program in Psychoanalytical Interventions (PDP-PI): 21st – 28th July 2024.

Who could attend these programmes?

You could be a Psychologist, Educationist, Counselling / Assessment / Coaching / Training professional, an HR Professional or an individual with a passion for bringing change to one's own and people's lives. We actively urge training professionals who wish to restart their processes of introspection and to be 'learning ready' yet again to be a part of these programmes. In recent years, Our Identities has had a sizeable population of participants from the field of mental health / therapy and counselling.

We also encourage home makers who would like to rejuvenate their perspectives of self & enhance their understanding and awareness of the self and their often, undervalued role in their spaces.

Personal Growth Lab (PGL)

Open to anyone who wishes to attend.

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 45 hours of session/work time.

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

This is **mandatory** for those who may choose to attend Phase-I of the PDP.

■ 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 45 hours of session/ work time. The PDP-PI 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. Looking at where I have travelled and made headway with my discoveries from PGL is a large part of this phase. In doing so, learning the cognitive reasons for some of the interventions experienced in PGL sheds light on the explorations from a new perspective. This part of the journey starts exploring what it may mean to be a facilitator of learning in a process work / group therapy context.

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 are examined in granular detail.

Phase-II: *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 part of your journey takes a close look at the cognitive bedrock upon which this work rests. This leads to the discovery and mitigation of the many projections and introjections that prospective facilitators learn to tackle and become aware of. Customisation, to weave in the possible projections/introjections, issues arising in co-holding of spaces by facilitators and to make sure that design and treatment interventions remain relevant to the ‘here & now’ and phenomenological realities of the lab & all involved in it’s processes. This also becomes an intense submersion in the many roles and identity facets that can come into play from the past, anticipated or fantasised future to impact the here & now processes.

■ 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 participant's 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. 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. Interns that conclude their internship in the PDP-PI are *likely* to be invited to facilitate Our Identities Labs in the future.

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 these programs 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 since 2016. He was also part of the Faculty Team of the ICC programmes between 2016 and 2022. 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, 2019 & in 2021. Completed PCPICC offered by Tavistock Clinic UK & Sukrut. Held the role of Conference Co-Director from 2019 till 2022 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 of Prakriya Green Wisdom school, she then worked as a coordinator in the same school. She is currently working as an Instructional Lead at The Samhita Academy in Bangalore, where she is part of the team that enables migration of classes to an online platform. Pallavi completed her PDP internship at Aastha Foundation in 2004 and now is an institutional member of this organisation. She attended the winter program at Sukrut's ICC in 2015 and completed PCPICC offered by Tavistock Clinic UK & Sukrut India in 2016. She was a member of The India Conference 2019. Pallavi has varied and extensive experience of facilitating Labs with many educational institutions and corporate houses. Pallavi's commitment and dogged determination to apply learning in her life and work at all times makes her a valued and much respected Co-founder of Our Identities.



Shreekrishna Joshi is a post - graduate in Human Development from Mumbai University. He is a "Certified Success Coach" and a Certified OKR (Objective Key Result) Professional. He has over 15 years' experience in HR domain. Currently, He is working as HR consultant for SME sectors. He consults Organizations in setting up Good People Processes. He is perusing process work for 4 years and has applied the work in his consulting assignments. He has participated in Human process Labs organized by Sukrut and Our Identities, and Group relations conference organized by Sukrut.



Gracy Jebastina is a Promoter-Director and Senior Psychologist at Unleash Schools LLP. She holds a Masters in Psychological Counselling from Christ University, Bangalore. Her area of expertise is Family & Marital Therapy and she is psychoanalytically informed. Her interests include Group Therapy, Life-skill training: Training the Trainer and delivering life-skills sessions to various groups. She also provides therapy to adolescents with behavioral, emotional, and interpersonal issues by using an eclectic approach. She is an Associate of Sukrut India. She successfully interned with Sukrut's Inward Change Conference (ICC), and is involved with Parikrma Humanity Foundation at their Educational Transformation Centre, committed to sensitizing government teachers and empowering them in fostering sensitivity towards themselves and others. She also conducts workshops for teachers and adolescents for skill training. She also facilitates Sukrut events and is the current Conference Director of ICC.

Programme Fees


- Twin Sharing accommodations: Rs. 30,090/- [inclusive of applicable GST]
- Please contact us for details in case you MUST have single accommodation, which will depend upon availability. Extra charges as applicable for single accommodation will be conveyed upon request.
- Please remit fees by NEFT to Our Identities. NEFT details are given below.
GSTIN: 27AGHPM0535F1ZM

NEFT details:

Account Name : OUR IDENTITIES
Bank : The Saraswat Co-operative Bank Ltd.
Branch : Dahanukar Colony, Indranagari Society, Kothrud, Pune 411029.
Account Type : Current Account
Account Number : 066100101000152
IFS Code : SRCB0000066

Practical Arrangements

- The programme will be held at The Leslie Sawhny Training Centre** (83, Rest Camp Road, Deolali Camp, Nashik 422401 Maharashtra)
[Google Map Link: <https://goo.gl/maps/iaH7KgZ1JtWb6YPk7>]
- Please check with us for the availability of single rooms.
- [Registration form](#) is available on our website. Please fill in and send it at info@ouridentities.in.
[You can [download](#) it here.]
- Participating members for **PGL & Phase-I of PDP-PI** may report and check in on Monday, 22nd July 2024 after 1600 hrs and not later than 2200 hrs.
- Participating members for **Phase-II of PDP-PI** may report and check in on Friday, 19th July 2024 after 1600 hrs and not later than 2200 hrs.
- Programme begins at 0900 hrs on Tuesday, 23rd July 2024.
- Programme ends at 1330 hrs on Sunday, 28th July 2024.
- Please make your travel arrangements accordingly. *The venue is 10 minutes by auto from Deolali Camp Railway Station & 20 minutes by auto from Nashik Road Railway Station. For road travel, it is 12 kms from Nashik city (ref map above)*



Contact any of us for details

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