

KIRTI

DARYANANI

BEFRIEND YOUR MIND BRING
MEANING TO YOUR RELATIONSHIPS

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[Links](#) [Keynote](#) [Preview](#) & [Preview of Book](#)

"She is highly empathetic and is particularly passionate to help women speak up and express their views in a strong, yet constructive and effective manner"

Kirti takes you on a journey of self-understanding and empowers you to navigate sensitive situations with ease. With her no down to earth, and calm approach, Kirti's shares her years of experiences on the importance of equanimity, which she considers to be the missing piece in modern communication. With calmness she discusses affairs of the heart concerning relationships, from code-switching, leveraging leadership in diversity, to romantic relationships.

Drawing from her diverse background, as a yoga teacher, extensive travels, and engagements with esteemed organizations such as Morgan Stanley, Google, Bloomberg, and The Hague University, she also talks about relational authenticity and the importance of embracing our differences.

As the author of "befriendurmind", Kirti wants to support who struggle with mindfulness, and are seeking an approachable method to face their discomforts.

CONVERSATION THEMES

LEAD WITH PRESENCE

BEING DELIBERATELY CALM & INTENTIONAL

How to say calm, composed and discerning when faced with confusions, mis-understandings and in need to make decisions

BEFRIEND YOUR MIND

REMOVING THE PRESSURE TO BE YOURSELF

Overcome the fear of sharing our thoughts and feelings. Clearing confusions, challenges and inner conflicts

LEVERAGE YOUR AUTHENTICITY

BEING REAL IN YOUR RELATIONSHIPS

Step away from "fixing yourself" Understand what influences our authenticity to choose how to communicate in different relationships

"I worked with Kirti on organizing couple of workshops for Google. The latest one was on how to communicate with a diverse audience."

I've found Kirti to be extremely knowledgeable and engaged with the workshop participants creatively and answered thought provoking questions about handling communication in difficult situations. She brought a wealth of experience and worked with us to mold the workshop to suit our needs."

BENEFITS OF BOOKING KIRTI

- Fresh insights: Gain unique perspectives on well-being, communication, and diverse cultures.
- Create a trusting environment to talk conflicts and sensitive discussions with composure.
- Reflections on untraining the mind about your relationships: Transform shallow interactions into meaningful bonds that stand the test of time
- Inspire your audience with a practical approach that doesn't feel like "been there done that"