

# *Holding Space for Her*

**A MINDFUL & CREATIVE PAUSE FOR WOMEN AT WORK**

Women in today's workplace are balancing *Performance, Leadership, Caregiving, Ambition, and invisible Emotional Labour* — often without Pause.

## **A MINDFUL & CREATIVE WELLBEING EXPERIENCE FOR WOMEN AT WORK**

*This Women's Day, we create a meaningful Internal  
Reset.*



**01** *Gentle Guided  
Movement for Stress  
Release*

**02** *Guided Mindful Art  
Therapy*

**03** *Build Authentic  
Workplace Connection*

**120 MINS  
WORKSHOP**

**#IWD2026  
#GIVETOGAIN**

**SIGN UP NOW**

# *Holding Space for Her*

## **A MINDFUL & CREATIVE PAUSE FOR WOMEN AT WORK**

*An experiential workshop integrating **mindfulness, creative reflection, and guided practices** designed to support **workplace wellbeing, emotional awareness, and authentic connection.***

This Women's Day, invite your team into a space of genuine renewal—where **Mindfulness** meets **Creative Expression**, and women **Reconnect** with their **Inner strength, Clarity, and Joy.**

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### **WHY THIS WORKSHOP**

*Women in today's workplace are balancing performance, leadership, caregiving, ambition, and invisible emotional labour — often without pause.*

*This 120-minute immersive experience offers something different from traditional Women's Day celebrations.*

*Instead of external festivities, we create a meaningful internal reset.*

*Designed as a curated wellbeing workshop for women professionals, this workshop helps women:*

*Release accumulated stress*

*Reconnect with their inner strength*

*Express themselves creatively*

*Build authentic workplace connections.*

*Return to work feeling grounded and renewed*



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## A MINDFUL & CREATIVE PAUSE FOR WOMEN AT WORK

Delivering an Experience of Creative Renewal and Balance

**120 Mins Workshop**

This Women's Day program offers women employees a restorative space to **Pause, Reflect, and Reconnect**—beyond the usual celebrations.

This 120 Minutes immersive experience weaves together a gentle blend of:

### Movement for Stress Reduction

*A gentle guided movement practice designed to help participants release accumulated stress, reconnect with their breath, and transition from constant doing into a more centred and calm state.*



10 mins

### Mindful Art-Making

*A guided art-making experience exploring identity, resilience, and aspiration. Through intuitive expression with colour, symbol, and mandala, participants translate personal reflection into meaningful visual form — processing emotions, recognising inner strengths, and honouring their unique journeys.*



40 mins

### Breath awareness & Guided Meditation

*Simple breath practices and sound-based (gong) meditation that supports stress release, enhances emotional steadiness, and cultivates sustained clarity and inner calm*



30 Mins

### Reflective Integration

*A thoughtfully facilitated sharing circle that creates a safe space for authentic connection, mutual support, and a deeper sense of belonging within the workplace.*



10 Mins

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### **EXPECTED OUTCOMES**

Participants may experience:

✦ **A RENEWED SENSE OF ENERGY AND MOTIVATION**

✦ **ENHANCED CLARITY, CREATIVITY, AND SELF-AWARENESS**

✦ **GREATER EMOTIONAL RESILIENCE AND CALM**

✦ **A SENSE OF ACKNOWLEDGEMENT AND INCLUSION**

✦ **PRACTICAL WELLBEING TOOLS APPLICABLE TO DAILY WORK LIFE**

✦ **STRENGTHENED PEER CONNECTION**

**Participants leave feeling lighter, clearer, creatively inspired, and more deeply connected – to themselves and to each other.**



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## **WHAT MAKES THIS PROGRAM VALUABLE FOR CORPORATES**

- Supports employee wellbeing initiatives
  - Aligns with DEI and inclusion goals
- Encourages psychological safety in group settings
- Enhances engagement through experiential learning
  - Offers practical, transferable wellbeing tools

***This is an opportunity to truly invest in the women who drive your organization forward—offering not just celebration, but restoration, recognition, and lasting tools for resilience.***

**No prior art or meditation experience required. This safe space helps busy professionals balancing multiple roles to reconnect with their creative core and inner strength, experience moments of stillness, clarity and self-compassion.**



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## **ABOUT MANISSHA KHANNA**

**Manissha Khanna** is an internationally recognized Art Therapist, Meditation Facilitator, and Wellness Expert with over 14 years of experience designing holistic programs for corporates, hospitals, and institutions across India and internationally. Trained in Art Therapy, Expressive Arts Therapy, mindfulness, meditation and Pranic healing, she integrates creative processes with contemplative practices to support emotional balance, resilience, and meaningful self-connection in professional settings.

She holds an MFA in Art Therapy and an MSW, and has been instrumental in establishing India's first Master's program in Art Therapy at MIT SOFA ADT University, where she has served as adjunct and guest faculty.

Her work integrates contemplative, meditative, nature-based, and mindfulness-driven approaches to therapeutic artmaking. She has facilitated wellness and art therapy programs with neurotypical and neurodivergent populations, and has worked extensively with corporates, hospitals, NGOs, and educational institutions in India and internationally.

She was a speaker and presenter at the American Art Therapy Association's 55th Annual Conference (2024, Pittsburgh, USA) and is the co-author of the chapter "Ankur" in The Wiley Handbook of Art Therapy (2nd Edition). She is the founder of Divine Energies, a platform dedicated to healing through art, mindfulness, and contemplative practices.

**Manissha Khanna**  
**Founder, Divine Energies**  
**Global Wellness & Meditation Expert | Art Therapist & Energy Healer**



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## A MINDFUL & CREATIVE PAUSE FOR WOMEN AT WORK

With years of experience facilitating transformational workshops across corporate and global wellness spaces, Manissha blends art therapy, mindfulness, somatic practices, and energy work into deeply impactful group experiences.

Her work supports professionals in navigating stress, burnout, and emotional fatigue while cultivating clarity, resilience, and authentic leadership presence. She is known for creating psychologically safe, restorative environments where participants feel seen, supported, and empowered.



### WHAT CLIENTS SAY

*"Manissha's sessions create a calm and reflective space that transforms the energy of the team. The integration of meditation and creative art was deeply rejuvenating for Women's Day Celebrations."*

**— HR Head, Amplus Solar**

*"Her workshops bridged creativity and mindfulness beautifully. Our leadership team walked away more centered and connected."*

**— Senior Manager, SD2Square Labs**

*"Manissha has been able to be a friend, philosopher and guide to conflict-ridden women. She has immense patience and dedication to the cause of women's economic empowerment."*

**— Head CSR, Godfrey Philips India Ltd.**

*"A deeply calming and rejuvenating experience. Our team felt more grounded and connected."*

**— HR Head, CMS Infotech**