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SoMETimes

June 2024

The Quarterly newsletter from
the School of Meaningful Experiences



From the Founder's Desk

Hello everyone!

Welcome to another brand new newsletter of this financial year. We have had an amazingly busy quarter and we are so excited to share with you everything that we have been doing.

To start with, we had some incredible collaborations lined up this quarter, starting with ISRO, HPCL to MastersGroup and very recently, Gitams University, Visakhapatnam. We conducted a mid managers program at ISRO with resounding success and we will soon collaborate with them again next quarter. You will read all about it in this newsletter.

I welcome our new shareholders who have joined the SoME family - Aroon Raman, Managing Director, Telos Investments & Technologies, and Ramgopal Subramani, Chief Strategy Officer, Perfios, Bengaluru. Thank you for believing in the value and potential of SoME.

Our first summer camp of the new financial year for teens and pre-teens was held at HPCL Mumbai and this time, our partner Guide Amita Narwal, held the stage well working with children. Working with youngsters is always fun and SoME waits for these sessions! Check out all the details about it in this newsletter.

This year, we also started recruiting new Guides/Faculty/Trainers. The Guides become the face of SoME and become crucial as they connect with the

learners. This makes it challenging for SoME as they need to be trained to become SoME’s rockstars and represent the brand to the external clients. I also see a huge potential for anyone beyond 60 years wanting to get into training and coaching. If you know someone interested in becoming a Guide, connect with us on contact@some.education and our team will take it from there.

I take this moment to talk about our rockstars at work - my team. Despite some of them being remote, they are so well connected with each other, it makes me proud to be working with them. After the HPCL event at Mumbai campus, our Guide Amita was taken out for lunch by our colleague Neha Tandon and her family. It is these moments that are truly heartwarming for me.



\My recent experience working with Gitam University reminded me of the motivation to get set and train people from different facets of life in effective communication.

Dr Chandrakanta Mahanty, working as a faculty member at Gitam University



Visakhapatnam, came to the program on impactful communication for faculty members despite his leg injury. I was humbled by his commitment to learn the art and science of effective communication to be a better teacher and impact his students positively.

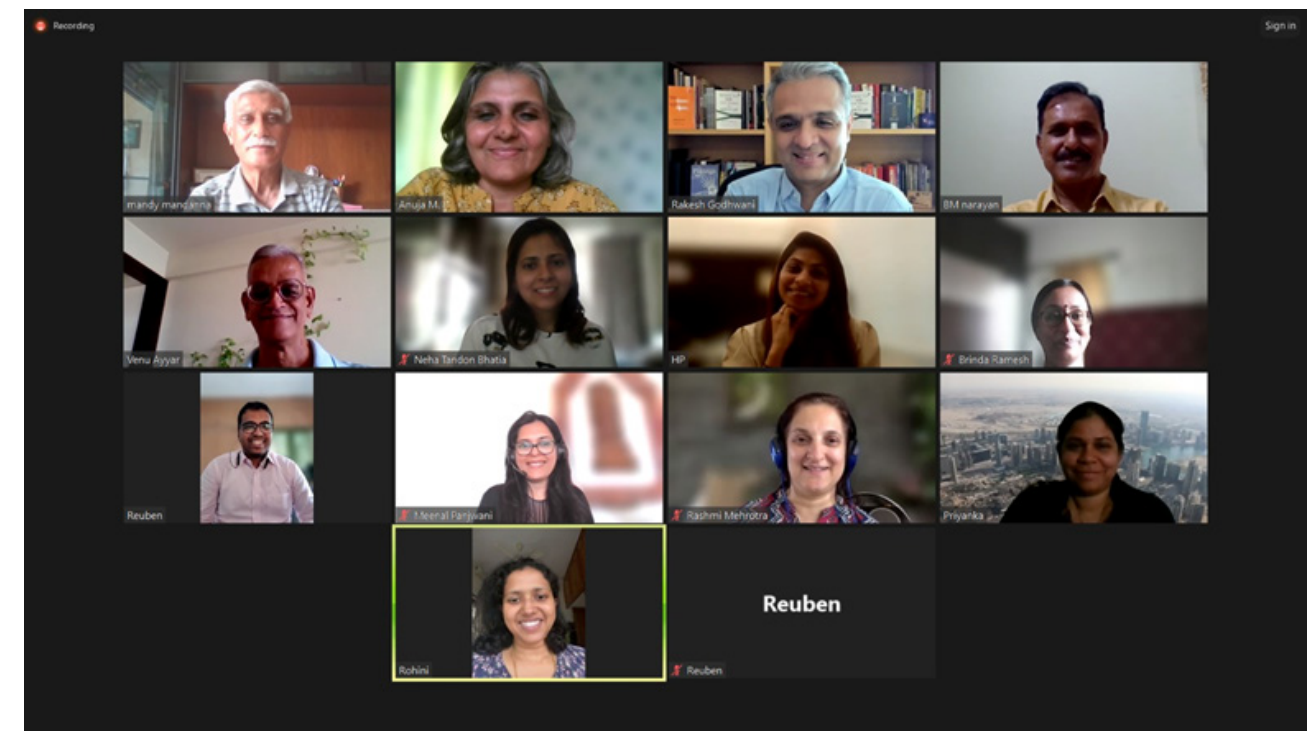
This quarter, another team member bid goodbye to SoME. It was the last day for Reuben John, head of institutional sales at SoME on Jun 13, 2024. Reuben is known by everyone as the go-to guy who got things done no matter what. He is dubbed as the founding member of SoME who has seen the organization go from a small team to where we are now in terms of our clients and our reach in the ed-tech space.

Here’s what he says about his experience at SoME

I joined SoMe when I was 26. I didn’t even know the name of the organization when I landed in Bangalore from my home city, Mumbai, but I believed in Rakesh and his philosophy. And he gave me the confidence that I would be able to handle anything thrown at me.

SoMe has given me countless memorable experiences, delivering numerous programs and keynotes, organizing events and webinars, running summer camps and day workshops, designing programs for children and professionals, and really getting down and dirty.

These experiences have been invaluable. I will never forget what this organization has done for me and the lessons I have learned on this adventurous journey.



Goodbyes are never easy, and this one isn't either. However, I believe change is the only constant, and I believe SoMe will be a name to reckon with in the coming years and maybe our paths might cross again.

Wish you only the best Reuben - we will all miss you!

They say with increasing age, the dullness of mind and heart sets in. And our colleague Venu is out there to turn this adage upside down. At the age of 60, he decided to pursue his MA course at Manipal College. This just proves that it is never too late to learn anything if you have your mind set on it.

This quarter has proved that the ability of our team to deliver and execute big projects is getting stronger. We now are able to communicate with our clients better, build better programs for them and deliver them in a way which makes an impact on their lives. Despite the challenges, I see my team smiling and having fun together. To me, that is very inspiring. And when we get a good email or a message from our learners on how the program changed their careers positively, we all feel inspired to do more.

On that note, stay safe and enjoy reading!

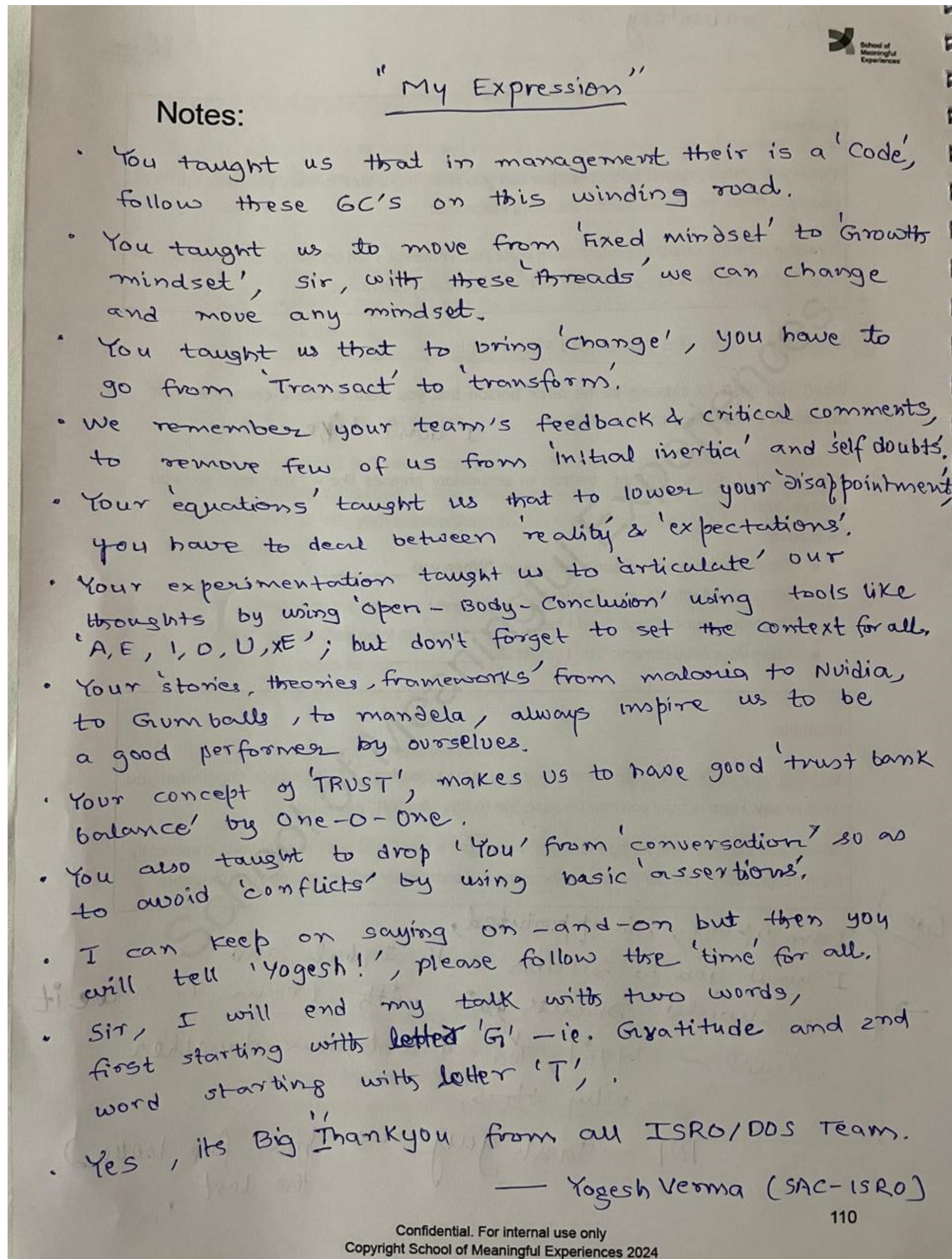
Rakesh Godhwani,
Founder, SoME

What we have been up to:



Collaboration with ISRO

SoME boasts of prestigious collaborations this quarter, starting with the Indian Space Research Organisation. We conducted a 3-day residential training of Six Cs for Mid Managers program for 30 number of scientists at ISRO campus in Devanahalli, Bengaluru. Scientists representing various centers from all across the country were part of the program. It was truly humbling for our team to see their simplicity, humility and eagerness to learn the art of communication in managing teams. In fact, one of the team members had written a note expressing his gratitude for SoME.





First Inspire event of the quarter

We conducted our first Inspire for Leaders program, a one-day open program for senior leaders at the gorgeous IIM Bangalore Alumni Association (IIMBAA) club at the Taj Westend in Bangalore. About twelve learners got exposed to the art of leadership communication and executive presence. It was incredible to see learners from diverse sectors like medicine and cities like Hyderabad, Chennai, Mangaluru, Bengaluru and Meghalaya. Just goes to prove effective communication is essential for every sector and profession.

We are now planning new batches in July and August in three cities of Chennai, Hyderabad and Bangalore. Want to join the next batch of Inspire? Connect with my colleague Brinda on brinda.ramesh@some.education

Summer camp at HPCL, Mumbai

GenYOU, the youth arm of the School of Meaningful Experiences, collaborated with Hindustan Petroleum Corporation Limited to organize a six-day summer camp for teens and pre-teens in Mumbai. The sprawling campus of HPCL saw 80 youngsters teamed up to learn the art of effective communication. They were engaged in activities such as collage making, public speaking and many more.



This event, a B2E program, saw Amita Parwal, our new Guide, take the reins to conduct the program with the youngsters. Activities like design thinking - a non-linear process which focuses on a collaboration between designers and users, a term usually confined to corporate usage, was used by youngsters to come up with ideas. It is so heartwarming to see the seeds of effective communication sown so early!



Teaching communication effectiveness for Army personnel



Communication becomes the backbone of Defence strategy and this point came across as our Guide Col MK Mandanna spoke to 25 Army officers at the prestigious Defence Services Staff College in Wellington, Ooty, Tamil Nadu. The soldiers were taught the Six Cs framework to become better communicators.

Leadership training with Mastergroup Marine Services

We conducted online training of our Program for Managers with Mastergroup Marine Services, where Rakesh Godhwani, Col MK Mandanna and Ashok Mirchandani trained about 27 managers from all the offices across India, specifically Kochi, Mumbai, Kolkata and Chennai. The managers were trained on effective



Training faculty at Gitam University, Visakhapatnam

Rakesh Godhwani along with Srinivas Evani, our Chief Revenue Officer, facilitated a program on impactful communication for 120 faculty members. These participants hailed from diverse departments including engineering, medical, English, forensics, science, mathematics, nursing, business, and pharmacy. In a six-day engagement the faculty members were trained on how effective communication can be used to better engage and connect with their students. Members of the faculty appreciated the program and were enthused to use the tools gained into practice.



Naresh Bala Excellence Foundation Mentorship program

School of meaningful experiences launched Career Mentoring Program for the scholars of the Naresh Bala Excellence Foundation (NBEF). Naresh Bala is a visionary technocrat and a philanthropist and this scholarship, in association with Makkala Jagriti and Foundation for Excellence, was institutionalized for scholars pursuing programs like engineering, medicine, commerce and science at various colleges in Bengaluru. The scholars will be trained by our Guide Anuja Mudur for eight weeks on how to communicate with confidence. SoME will also facilitate engagement with mentors from the industry and academia who will engage with these scholars as they progress through their college education.

Speaking engagements:

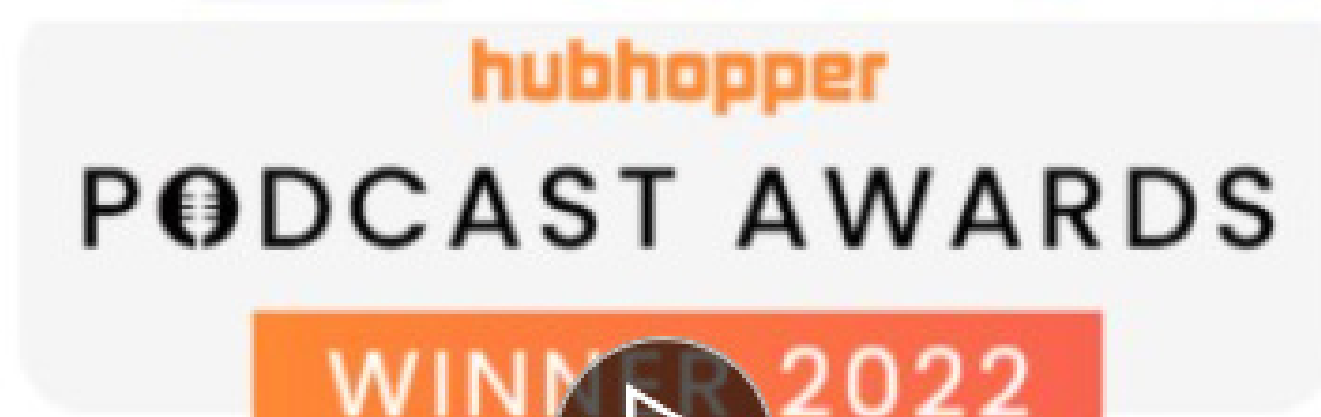


About professional communication at IIT Udaipur

SoME founder Rakesh Godhwani met 120 students at the Indian Institute of Management Udaipur at the inauguration of their executive MBA program. The students came from various industries, cities, cultures and brought wonderful, diverse perspectives. Rakesh encouraged everyone to encourage the programs that strengthen and reinvent business leadership competencies and skills in managers, entrepreneurs and working professionals who prefer flexible learning.

U N' I WITH RASHMI SHETTY

THE HUMAN LIBRARY AUDIO PODCAST



Season 3

with



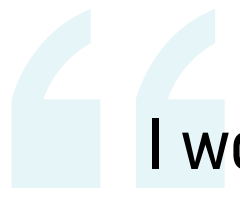
Dr. Rakesh Godhwani

Podcast with Rashmi Shetty

Rashmi Shetty is the founder director of The Third Eye, a vocal and professional coaching organization. She coaches CXOs on their true voice and self expression, and created VANI, a coaching program for women to help discover their leadership strengths to find their voice and be visible. She is the host of podcast show "U n I with Rashmi Shetty" where she bring forth inspirational stories of people.

She interviewed Rakesh Godhwani in Episode 152, Season 3 of her podcast where he shared his story of how SoME came to be and his journey of learning the art of effective communication.

Testimonials



I was here for the Inspire program to learn more about leadership and better communication with my patients as well as my team members. That way, the program helped me a lot. There's a river of difference from morning to evening in the way I have postured myself, the way I'm communicating. My style and substance has changed over these six hours which I've spent with the SoME. It's been a wonderful experience. Would like all my team members to attend this program. Since we are in a niche field, which is a high-performing job, where we have to communicate with high-tension patients and patient attenders, it's been excellent attending this workshop. Thank you.

- Dr Tapaswi Krishna, Consultant Pulmonologist at Gleneagles Hospital, Hyderabad



Hi my name is Tejas and I just underwent the Inspire workshop. It was a great session and I really thank Rakesh and team for curating this session. Inspire has helped me become a better communicator - there were clear structures like how to build a passage or a speech, and i'm sure that I'll be a more confident communicator and orator after the workshop.

- Tejas Gowda, CEO DevelUp



My name is Aagam Shah and I'm a consultant pulmonologist. Today I've attended the workshop Inspire conducted by Mr Rakesh Godhwani and his team. It is by far one of the best lectures I have heard on effective communication. Here are some of my takeaways after attending the lecture. The first is clarity - clarity of thoughts is essential for effective communication, second is courage - courage to be an effective communicator, third is confidence - it is about the confidence with which you talk, there has been an improvement. This is indeed a life changing session for me.

- Dr Aagam Shah, consultant pulmonologist, Gleneagles Hospital

Our offerings

For everyone:

The Six Cs for Confident Communication was created blending the best insights from our proven programmes, and is aimed at making you a more self-assured and articulate individual. It goes beyond the usual to give you a deep dive into effective communication strategies. Whether you're aiming to nail presentations, ace interviews, or lead with strength, this programme is crafted to empower people from various professional backgrounds. And the best part? You can join in any Sunday!

New batches every week. Learn more:

<https://www.some.education/marketing/the-six-cs-for-confident-communication>

For colleges:

Our programme for your college students

Leaving school and entering the professional world is both exciting and challenging for young graduates. They're eager to pursue their dreams but face obstacles like lack of effective communication skills, leadership and teamwork. Our programme for your students addresses these challenges. Connect with us here - <https://www.some.education/six-cs/six-cs-for-colleges>

Our program for your college faculty

A one-day program curated by Industry visionaries, featuring real-world case studies, interactive exercises, and transformative tools to enhance your skills as an impactful teacher and inspirational educator. Connect with us on contact@some.education for more details.

Our offerings

For executives:

Six Cs for Young professionals : Effective communication plays an important and critical role in the career development of a young professional. With the help of our transformative tools and framework, you can enhance your productivity and present your best self at the workplace.

Six Cs for First time Managers: This programme is designed to empower professionals with the essential skills and insights necessary for effective first time leadership. Throughout this course, learners will explore diverse facets of managerial roles and responsibilities, gaining practical knowledge and tools to excel in your new managerial position.

Six Cs for Mid managers: This programme is a comprehensive learning experience tailored for mid-level managers and is crafted to empower managers with the skills and insights essential for navigating the challenges inherent in mid-management roles like influencing stakeholders, conflict management, resolving crisis, handling difficult conversations and so on.

Six Cs for Competent leaders: This program is designed to empower the leaders to enhance their effectiveness and drive positive change within their organization. Learners will delve into the essence of Leadership Effectiveness, understanding the core attributes required for tomorrow's leaders –trust, transparency, empathy, compassion, and the ability to inspire. They will develop the right mindset and explore frameworks to guide their leadership journey.

To engage with us, contact us on 76760 09639 or email us on contact@some.education

SoME Bites



Here's what we have been up to on our Youtube channel



Considering a career break or pivot due to burnout, family, relocation, sector change, or other reasons requires careful planning. Watch this video to learn the strategies.

Tap to watch the video



In today's fast-paced world, expressing ideas clearly and succinctly distinguishes effective communicators. Watch this video to learn how to be concise when you speak

Tap to watch the video



Feedback that doesn't align with others' perceptions can seem inauthentic. Learn four tips on using a growth mindset to view feedback and communicate effectively

Tap to watch the video



A good manager fosters productivity and a positive work environment, while a toxic manager harms work culture. Learn how to deal with them.

Tap to watch the video

SoME Bites



Here's what we have been up to on our Youtube channel



In social settings, awkward silences can occur suddenly, causing embarrassment, especially when talking to influential people. Learn how to handle them from Rakesh this week.

Tap to watch the video



Fear communicating with your boss, team, or at networking events? Here are four common communication fears and how to handle them.

Tap to watch the video



Is it possible to learn to inspire teams? In this video Rakesh not only answers this question but also gives tips on how to make people in your team inspired. Watch more:

Tap to watch the video



We've always been told being selfish is a bad thing. But if you're on a plane and the oxygen masks drop, they tell you to put on your mask before helping anyone else. Is that selfish?

Tap to watch the video

SoME Bites



Here's what we have been up to on our Youtube channel



Office gossip, from harmless rumors to career threats, affects hard workers. Instead of switching jobs or filing an HR complaint to hold gossipers accountable, what to do?

Tap to watch the video



Networking isn't just about cards and small talk. Rakesh Godhwani explains it as building a bank balance of kindness, empathy, respect, and mutual support. Watch more.

Tap to watch the video



When things go wrong, our brain fixates on failure, leading to a critical inner voice and affecting self-esteem. In this episode, Rakesh explains why and shares ways to handle it.

Tap to watch the video



In the digital age, writing skills are often limited to business communication. Dr. Rakesh Godhwani explores how writing with pen and paper can be transformative. Watch more.

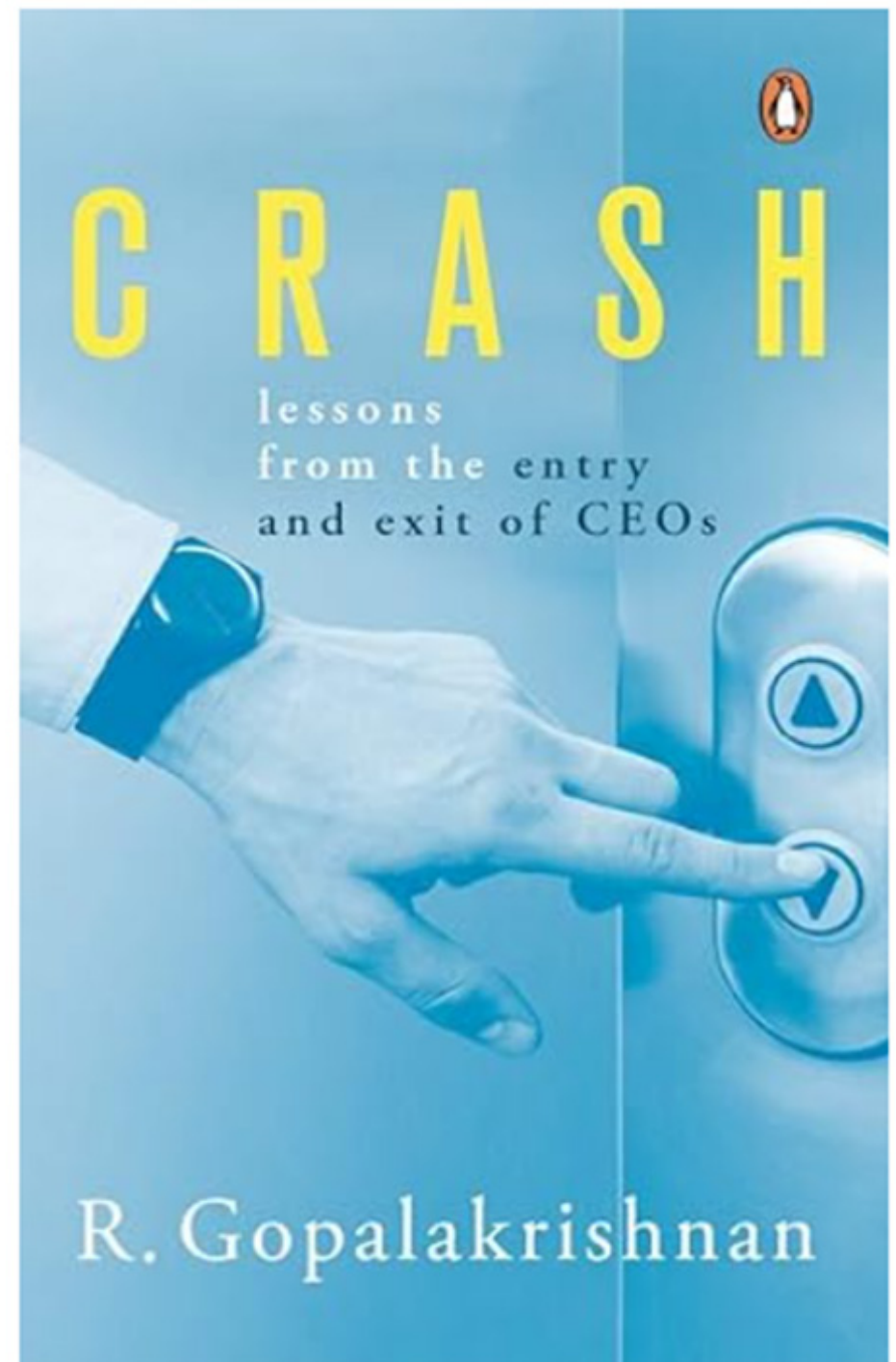
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SoME Recommends

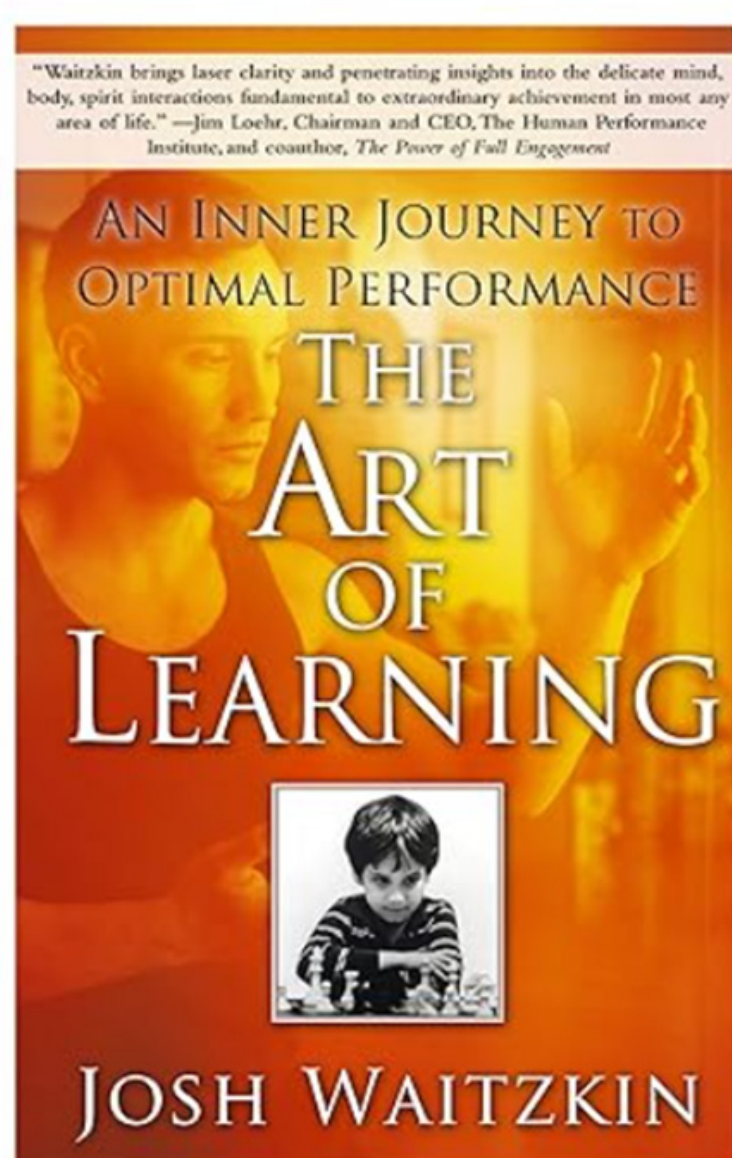


Lessons from the Entry and Exit of CEO

"Crash: Lessons from the Entry and Exit of CEOs" by R. Gopalakrishnan explores the successes and failures of CEOs in various industries. Through detailed case studies, the book examines why some CEOs excel while others fail, focusing on their leadership styles, decision-making processes, and adaptability. Gopalakrishnan offers insights into the challenges CEOs face, including handling crises, managing change, and aligning with company culture. The book provides valuable lessons for current and aspiring leaders, emphasizing the importance of self-awareness, continuous learning, and the ability to navigate complex business environments.



The Art of Learning - by Josh Waitzkin



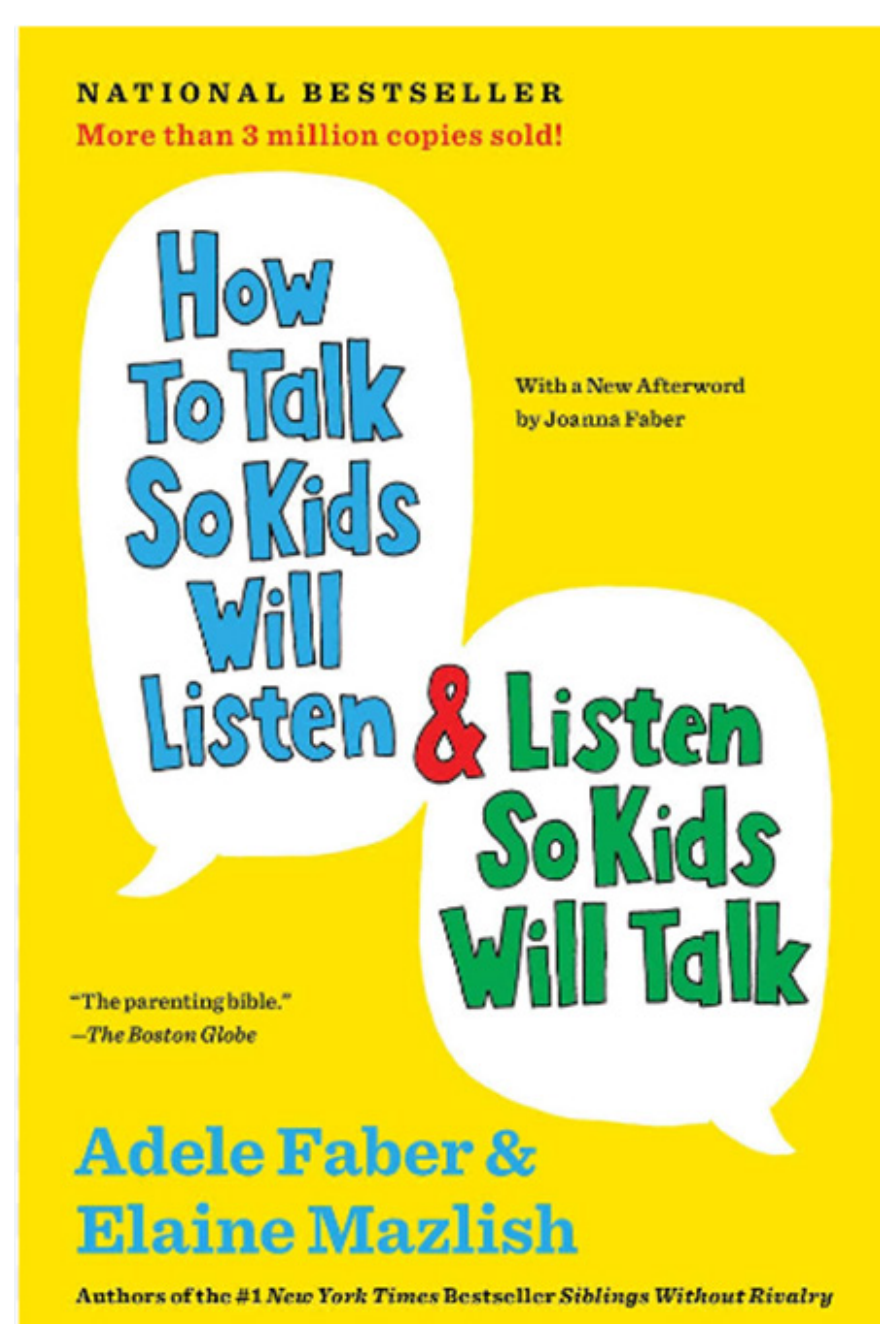
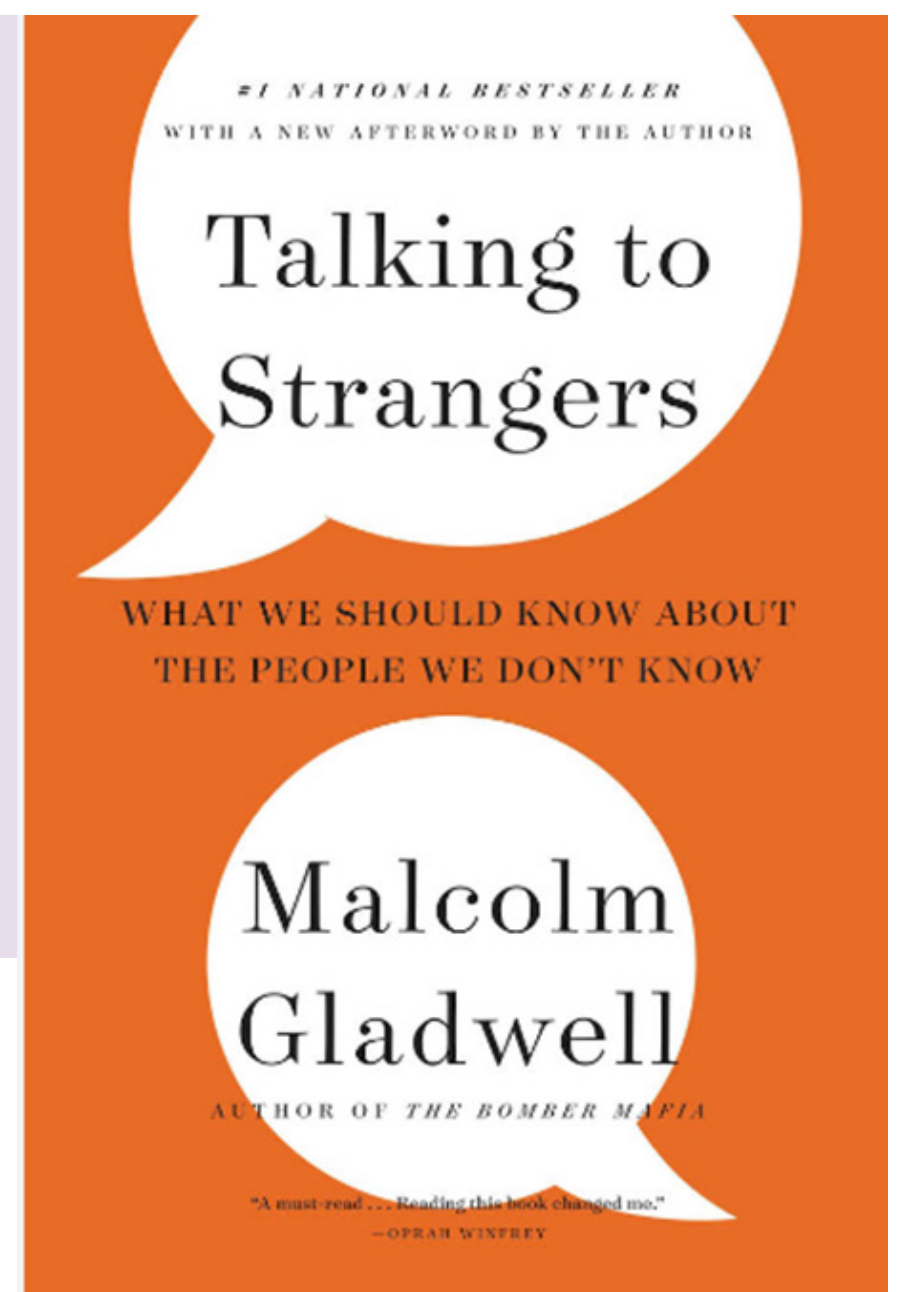
"The Art of Learning" by Josh Waitzkin shares his journey from a chess champion to a martial arts expert, teaching important lessons about how to learn and get really good at something. Waitzkin talks about staying calm under pressure, learning from mistakes, and finding your own style. He uses stories from his own life to show how you can turn challenges into strengths and keep improving by being patient and focused. The book gives practical advice on how to practice better, stay motivated, and enjoy the process of learning new skills.

SoME Recommends



Talking to Strangers by Malcolm Gladwell

"Talking to Strangers" by Malcolm Gladwell looks at why we often misunderstand people we don't know. Gladwell talks about real events like the arrest and death of Sandra Bland and the Bernie Madoff Ponzi scheme to show how our assumptions and body language can mislead us. He explains ideas like why we tend to believe people are telling the truth and how this can cause problems. Through interesting stories, Gladwell teaches us to be more careful and understanding when talking to strangers, so we don't make the wrong judgments about them.



How to Talk So Kids Will Listen & Listen So Kids Will Talk by Adele Faber and Elaine Mazlish

"How to Talk So Kids Will Listen & Listen So Kids Will Talk" by Adele Faber and Elaine Mazlish is a practical guide for parents to improve communication with their children. The authors provide actionable techniques to foster mutual respect and cooperation. Some strategies include acknowledging children's feelings, using descriptive praise, offering choices, and setting clear boundaries without resorting to punishment. Through real-life examples, illustrations, and exercises, the book helps parents with tools to resolve conflicts, encourage problem-solving, and build stronger, more empathetic relationships with their children.

SoME Recommends



Super Communicators by Charles Duhigg

"Super Communicators" by Charles Duhigg explores the essential skills and strategies needed for effective communication in both personal and professional settings. Drawing on psychological research, case studies, and real-life examples, Duhigg reveals how top communicators build rapport, convey ideas clearly, and inspire action. The book emphasizes the importance of storytelling, active listening, and adaptability in various communication scenarios. Duhigg provides practical tips for enhancing one's communication abilities, making the book a valuable resource for anyone looking to improve their influence and connection with others.

Charles Duhigg

The global bestselling author of *The Power of Habit*

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