

KALYANI *speaks*

INNER CRITIC WORKSHEET

- On a scale of 1 to 10 (1 = not at all, 10 = all the time), to what extent do you say harsh words to yourself/are mean to yourself? Circle your answer:

1 2 3 4 5 6 7 8 9 10

- What are you hoping to achieve by speaking harshly to yourself/being mean to yourself?

- Where do you think the voice of this inner critic came from (remember, you weren't born being mean to yourself)?

- Response to what others say/believe about you. Eg childhood experiences from parents, caregivers, teachers and peers.
- Societal/cultural pressure.
- Past trauma including bullying and abuse.
- Replicating the behaviour of a role model adult without questioning whether that behaviour is healthy or not.
- Defense mechanism protecting you from potential failures or disappointments by discouraging you from taking risks.
- Other:

HOW TO COMBAT THE INNER CRITIC

IDENTIFY AND REHEARSE TRIGGERS

- Identify your triggers. What triggers this behaviour in you?
- Choose an alternate response when you are triggered (instead of being mean to yourself):
 - Journal answers to the questions below.
 - Ask for help: get someone you trust to ask you these questions and answer out aloud so your unconscious brain recognises that you want to change this behaviour pattern and will energize you towards the new pattern.

NEGATIVE AUTOMATIC THOUGHT

1. What is my negative automatic thought?
2. Can I prove that this thought is true 100% of the time?
3. Is this thought leading to healthy feelings and behaviours?
4. How am I likely to feel and act if I continue to think this way?
5. What evidence can I find against this thought?
6. Would I encourage a friend to think this way?

CHALLENGING BELIEFS

1. What evidence supports this belief being true?
2. What evidence from my life goes against this belief being true?
3. Is this belief just a habit I've gotten into or does evidence support it?

4. Is this belief true for 100% of the time in my life?

5. Has this belief worked for or against me in my life?

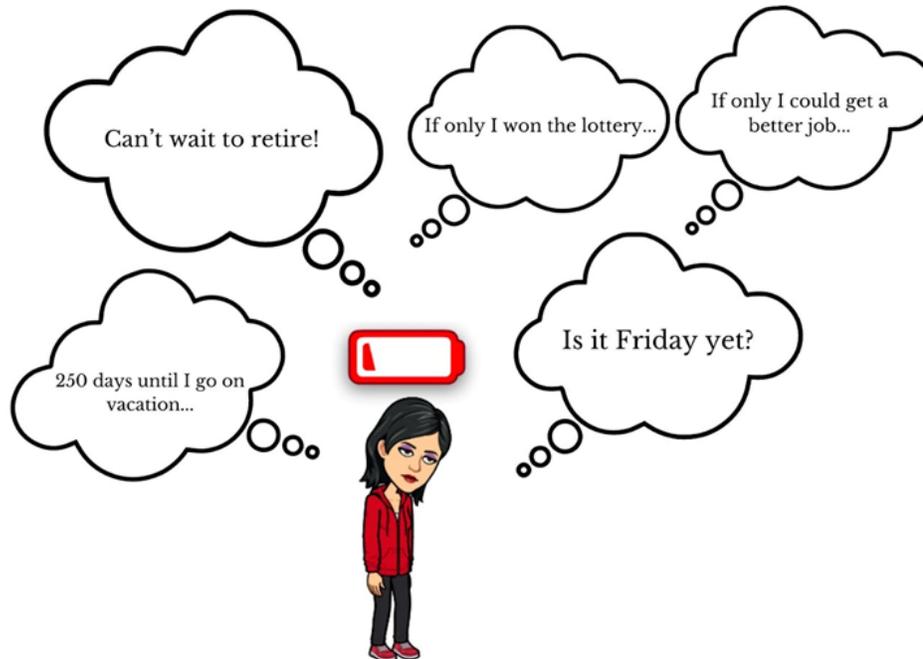
6. Does this belief help me or restrict me in life?

7. Did I choose this belief or was it influenced by friends, family or even teachers?

8. Is this a belief I want to hold on to or is it time to change it?

MY SERVICES

Does this describe the morale within your organization?



Transformative Workshops & Engaging Presentations for Lasting Change

Still wrestling with recurring challenges this new year? Elevate your approach with tailored solutions that speak directly to your needs. As a distinguished TEDx speaker and the only certified Flowcess Trainer in Canada, I specialize in untangling the intricate web of mental hurdles to combat burnout and fortify mental resilience.

Let's Collaborate on Your Next Transformational Experience! How?

Unlocking the Power of the Mind and Brain

- Discover the unparalleled approach to understanding the mind and brain through a non-contradictory model.
- Gain practical, problem-specific tools meticulously crafted to address the hidden causes of burnout, mental fatigue, stress, anxiety and depression.

Custom-Crafted Experiences

- Recognizing that each audience is unique, I design bespoke presentations and workshops tailored to your specific requirements. Because let's face it, one size never fits all.

Recent Engagements Include:

- Calgary Military Family Resource Centre: Conducted a comprehensive six-week self-bullying intervention course, fostering mental resilience and empowerment.
- Presentation for CPA’s in Alberta & Saskatchewan: Unveiled the truth behind the "Motivation Myth," revealing self-bullying patterns hidden within seemingly positive archetypes addressing mental fatigue and burnout associated with self-bullying.
- Compassion Fatigue Workshop for OSSIS: Equipped attendees with strategies to combat compassion fatigue, offering tools for mental resilience and rejuvenation.
- TMT Learning Foundation: Empowered teens by addressing the perils of conformity and associated self-bullying, fostering self-acceptance.
- Association of Administrative Professionals: Presented an impactful session on "Beating the Blues," providing tools to navigate challenging emotional landscapes.
- Excuses to Connect: Led a transformative Uniqueness workshop, encouraging individuality and authenticity.

WHAT PEOPLE HAVE TO SAY ABOUT MY WORKSHOPS

<p>Knowing how to use your conscious and unconscious brain is something that most people don't get taught. Kalyani's course gives you the tools and teaches you how to understand yourself.</p> <p>If you are considering working with Kalyani, I will tell you to run after her before someone else gets her attention. Seeing Kalyani's level of energy throughout the delivery of this workshop was just amazing. I think this course is designed and delivered at a level where a child would understand, and that is the catch for me. Most participants echoed the same views.</p> <p>Angelina Atsimbom (MACP, C.C.C)</p> <p>Family Liaison Officer (FLO) CMFRC</p>	<p>Kalyani is skilled in connecting with her audience through storytelling and stage presence. Modeling vulnerability and courage, her personal story of overcoming self-bullying was deeply moving to me. She knows what she's talking about.</p> <p>I also had the privilege of having her as a guest speaker in my Connection Club program where she shared her insights on our Intangible Drivers and how it makes us unique.</p> <p>It turns out we are both Compassion-Servers, which helped me to better understand myself and also recognize the gifts that Kalyani has to offer to the world!</p> <p>Richard Lee-Thai, Connection Consultant, Keynote speaker and Workshop Facilitator</p>	<p>Kalyani was a speaker at TMT Learning Foundation's Youth Mental Health awareness and bullying session.</p> <p>She was flexible, professional and knowledgeable. The youth reported to have been very comfortable with and trusting of her presentation. They could relate to the scenarios presented and said that the information is very helpful to them. Parents in attendance would like the opportunity to have a session dedicated to parents' understanding of mental health as well.</p> <p>Moji Taiwo - President/Founder TMT Learning Foundation</p>
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HOW TO GET IN TOUCH WITH ME:

Email: kalyani.pardeshi@gmail.com OR kalyanispeaks@gmail.com

LinkedIn: [LinkedIN](#)

IG: [Instagram](#)