



Self Voyage

WITH SOMRITA



PURPOSE



INTENT



AWARENESS

Who we are?



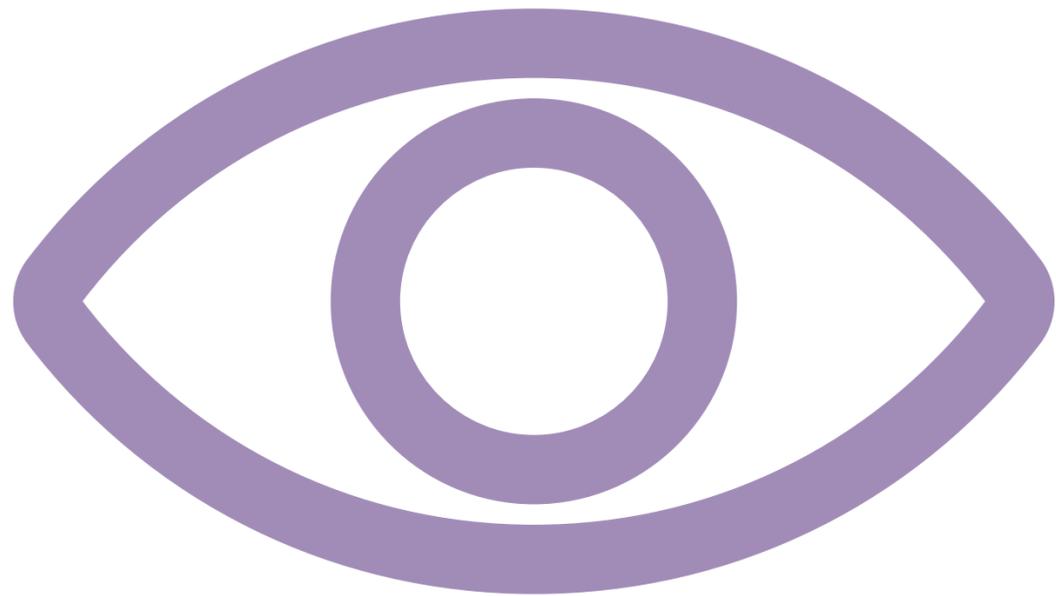
Self Voyage with Somrita is a five (05) year old firm specialising in training and skill development; ranging from Capsule Modules of few hours to 1-3 day workshops to long term organisational development projects ranging from 3 months to a year, for corporates, educational institutions and NGOs.

*The team is led by an experienced woman entrepreneur, Somrita Chatterjee (ex HR professional, Author, Life Coach & Trainer) supported by an able team of 8 women Consultants. **Our team consists entirely of women who are committed and aligned to the organization's vision and values.***

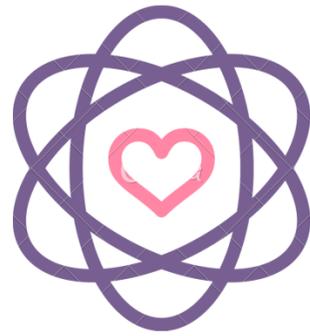
The core team has a collective experience of twenty five (25) years in the space of Learning & Development.

Our Vision

Grow together, build a
HUMane community and
create a ripple effect.



Our Values



P

Purpose

We are dedicated to our goal of making a positive impact on lives.

I

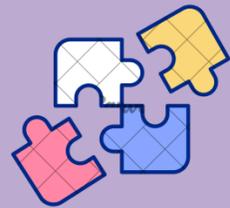
Intent

Our intention serves as a compass, helping us prepare, stay grounded, and create a memorable, enjoyable and an effective co-learning space.

A

Awareness

We embrace "Walk the Talk" by staying in tune with ourselves and guiding our customers towards greater self-awareness.



Our Approach



What we do?

Build rapport and
establish connect



How we do?

With Instructional Design
as our backbone, we
teach a skill & help
them apply

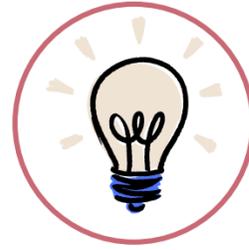


Why we do?

To add value and positively
impact every life we touch;
we especially focus on how
the participants have felt,
offer a listening space and
help them blend in their key
learnings



Our Services



Training / Facilitation

We conduct workshops in accordance with our client requirements both online & offline ranging from Capsule Modules of few hours to 1-3 day workshops to long term organisational development projects ranging from 3 months to a year, for corporates, educational institutions and NGOs.

We can conduct pre-post tests, audio/video interviews, reports based on KPIs for long-term interventions, and develop customized tests for behavioral indicators wherever assessments are required.



Our Services



Coaching (Individual / Group)

We do individual and group coaching as a standalone service or clubbed with a training program.



Employee Wellness

Our Wellness Program foster holistic well-being by supporting healthy lifestyle choices and creating a culture where employees thrive, stay engaged, and perform at their best.



Our Services



Consulting

We design and deliver tailored, impact-driven solutions that build capabilities, align with business goals, and drive measurable performance improvement.



Mentoring

We provide mentoring services for boosting performance and supporting individuals to bring out the best in them.



Our Services



Counselling (Individual/Group)

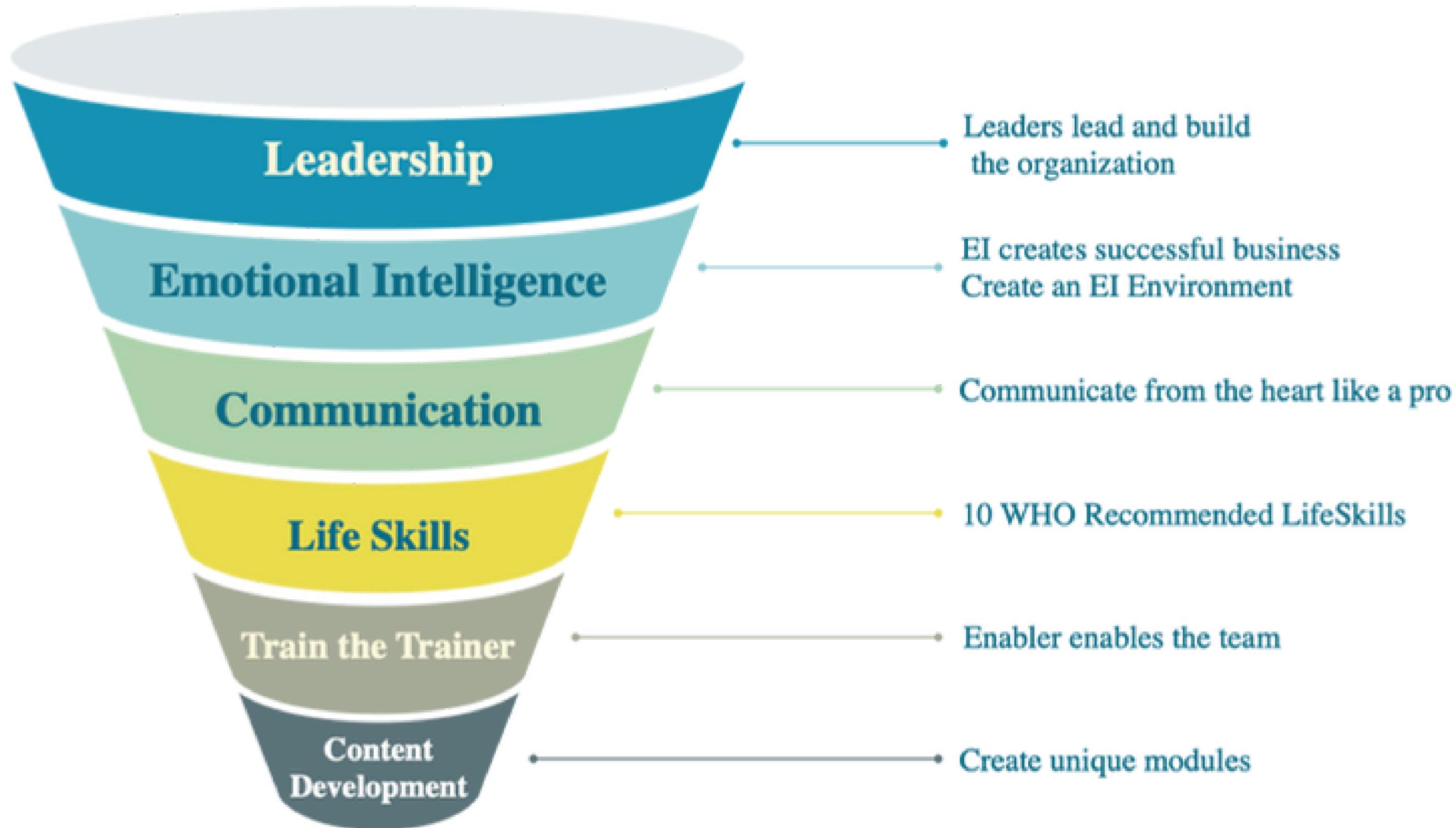
Our team of counsellors provide counselling sessions to assist our mental wellness programs.



Community Building Initiatives

We work with NGOs and could assist you in CSR activities in the space of education and counselling.

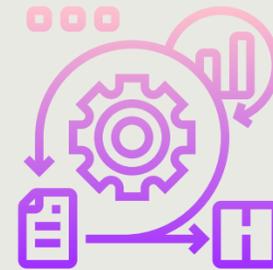
Training / Facilitation - Our Programs





Focus

- We mainly focus on Self Awareness and the 'why' of everything keeping Instructional Design as our backbone for designing a module.
- Novel handouts are shared to help blending of learning and also works as a recap tool.



Mixed Methodologies

We use diverse methodologies like Music & Movement, Building Blocks, Clay, Art, Coaching, Games/Activities, Simulations, Reflective Journals, Sensory Stimulations, Audio/Video, Psychodrama, Gestalt, NLP, and more, without relying on PowerPoint presentations (PPTs).



Creatives

We can design flyers and banners to generate excitement if needed, and provide captivating video compilations at the conclusion of sessions for clients to share.

Glimpse of our Unique Programs

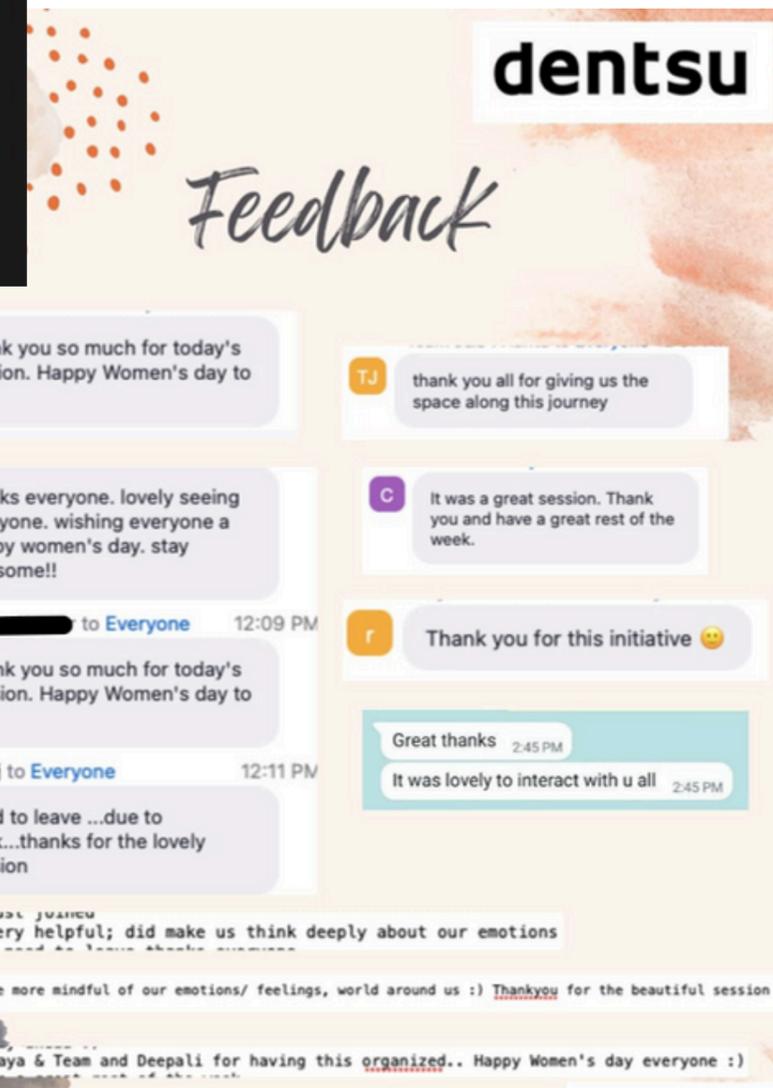
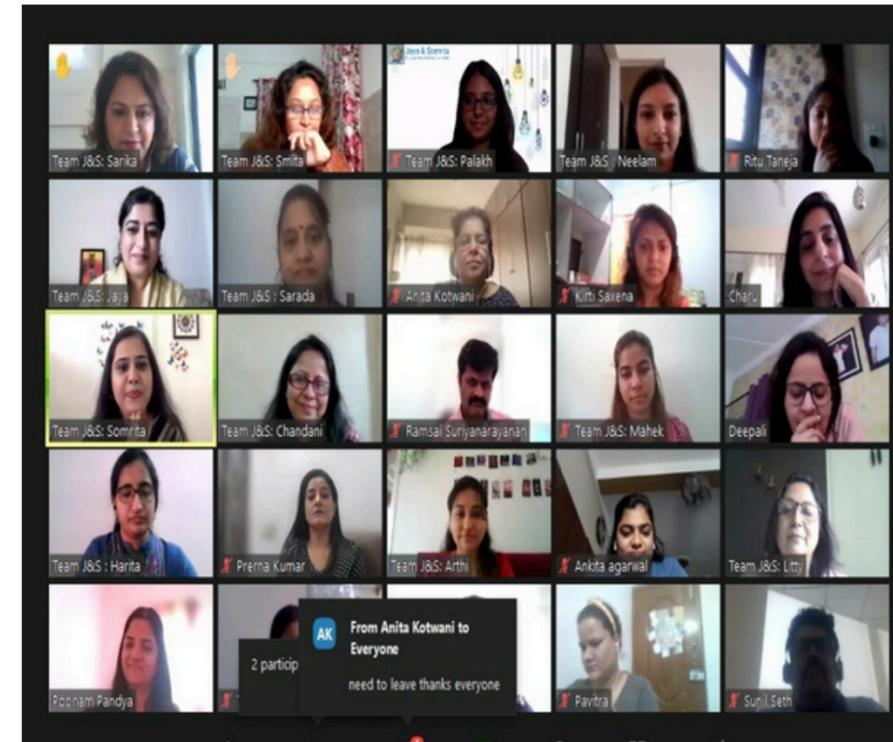
Corporate Capsule Modules

Dentsu Group, one of the largest global marketing and advertising agency networks in the world

Topic: Building Emotional Wellbeing: Eliminating Emotional Biases

- 200+ participants Executives, Managers, Seniors Leaders
- Activity based workshop conducted with a team of 15 facilitators.

** Programs are Customized as per required*



Glimpse of our Unique Programs

University and Institute programs

Faculty Development Programs (online)

- ICSSR (Delhi) initiated program for North Eastern Hill University
- Topic: Bond & Grow Together (Team Building – Joy Multiplier)
- Participants 100+ Professors, Asst, Professors, Senior Faculties and HOD's from across India

Faculty Engagement Programs (offline)

- Maniben Nanavati Women's College (Best College awarded 2018-19)
- Topic: Managing Stress through Mindfulness and Art Therapy
- 50+ Asst. Professors, Professors and Senior Lectures

* Programs are Customized as per required



Estd.: 1972
NAAC Reaccredited 'A' grade

CONDUCTED A WORKSHOP FOR PROFESSORS OF MANIBEN NANAVATI WOMENS COLLEGE



Topic : Managing Stress through Mindfulness & Art Therapy
By Jaya & Somrita

Faculty Development Program on Bond & Grow Together



Session Facilitators



Amazing session...thank you both of you

Thank you both of you to conduct this motivational session..

It was a fantastic session... Heartiest Thanks both of you madam From [redacted] to Everyone: really enjoyed the session....full day enjoyed From [redacted] everyone:

This is the session since 3 days in which I have not taken a nap really nice interactive session

From [redacted] to Everyone: Thank You.Very nice session.

From [redacted] to Everyone: thanks to both

From [redacted] to Everyone: very nice session

From Dr. [redacted] to Everyone: thanks both of you mam

From [redacted] to Everyone:

Glimpse of our Unique Programs

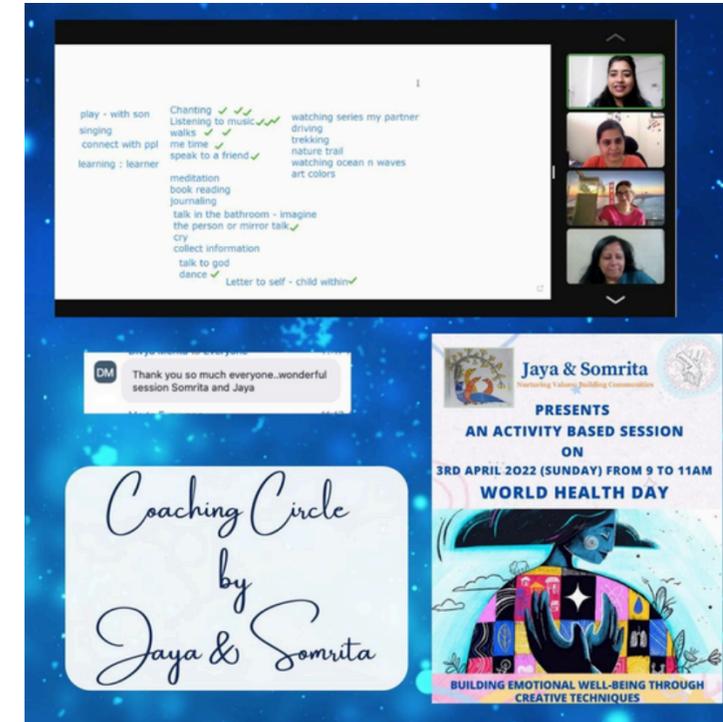
Coaching Circle

Novel Program curated to empower and build communities through a journey with self, in collaboration with Jaya Rajdev.

Completed **6** successful batches with about 120 hrs of self discovery and empowering individuals to expand their comfort zones

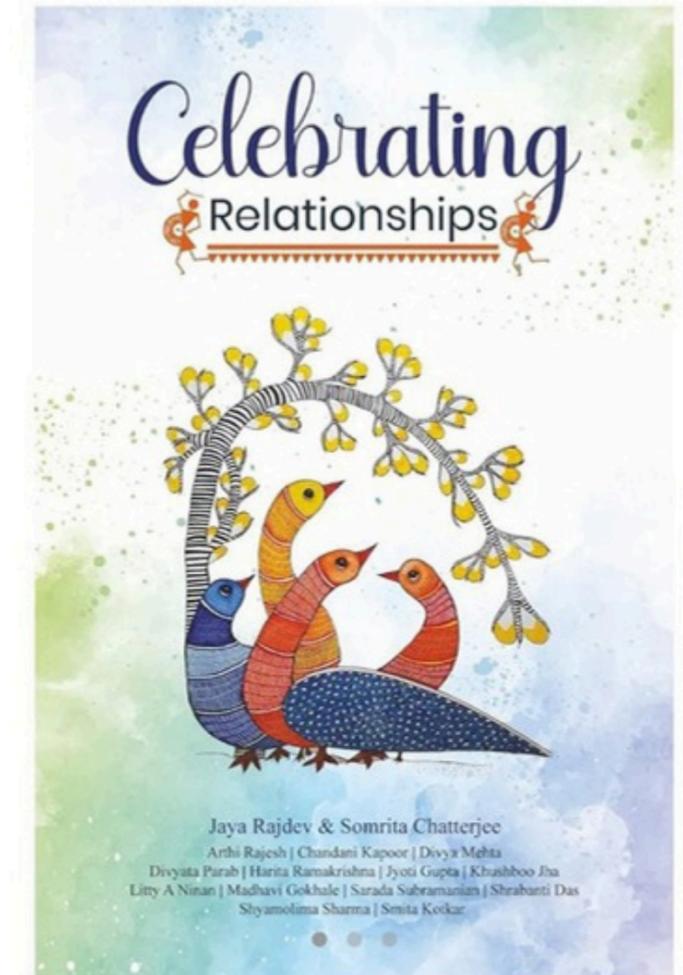
- Participants were invited for LIVE talks on FB
- Enabled and kindled participants to become authors. Our book 'Celebrating Relationships' has been an Amazon Best-seller.
- Many of them have started their second innings.

* Programs are Customized as per required



Jaya Rajdev and 1 more
Celebrating Relationships

★★★★★ 65



Kindle Edition
₹125.00
Buy on Amazon.in

Paperback
₹250.00

✦ Conducted workshops for...

Vestas

ELGI

Always Better.

**एनटीपीसी
NTPC**

WORLDLINE

dentsu

JSW
Energy

**Premsons
Motor**

ALTRES
Technologies

TRUTH CHARITY

STELLA MARIS COLLEGE
(AUTONOMOUS), CHENNAI - TAMILNADU

Pearl Academy

श्री विद्या विमुक्तये
Estd.: 1972
NAAC Reaccredited 'A' grade

THE INSTITUTE OF COST ACCOUNTANTS OF INDIA

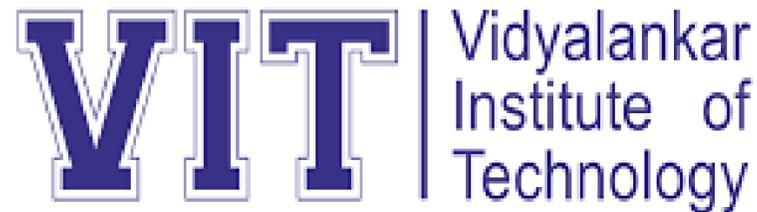
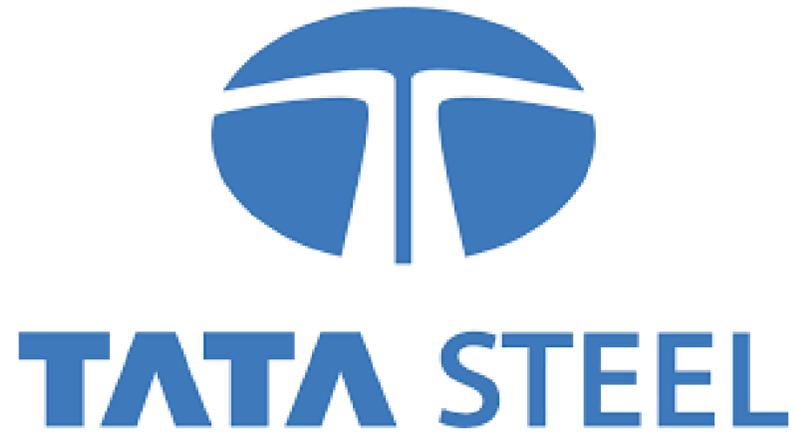
Jeevan Dhara
People helping People

VIPLA
FOUNDATION

Umang
Foundation Trust

COACH
TO A FORTUNE

 *Speaking assignments done for....*






Address by




Probal Ghosh
VPSS

Sanjeev K Choudhary
President, TWU

Interactive session on
Diversity, Inclusion & Belongingness




with **Somrita Chatterjee**
Personal Empowerment Coach

January 21

Guest Speaker
at Tata Steel



Vestas at Rajkot



Worldline at Pune



ELGI Equipments, Mumbai



NTPC, Tanda



Gallery



Coaching the Coaches



NTPC at Patratu (Ranchi)



Pearl Academy at Mumbai



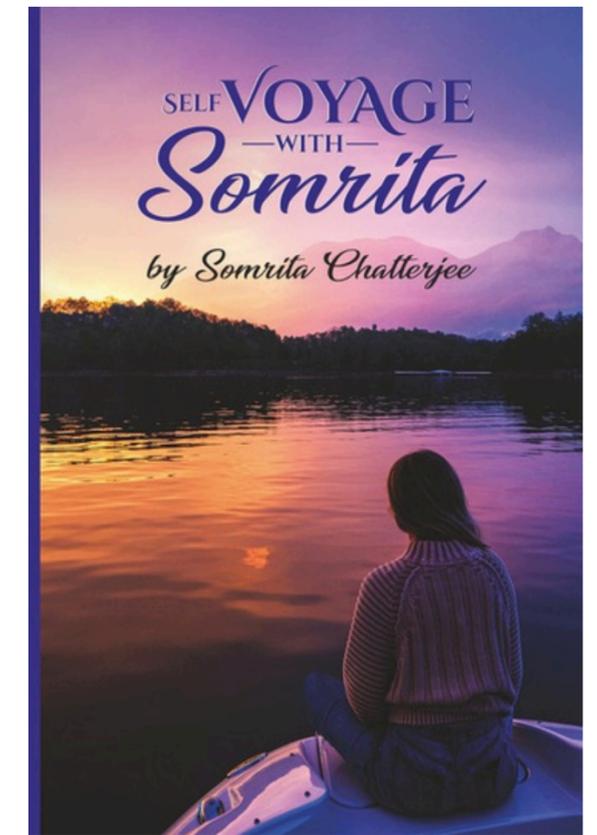
JSW ENERGY, BARMER



Staff Development Program



Receiving Award from
Sudha Chandran



First Book -
available on Amazon



Guest Lecture at MBA College (IBS, Mumbai)



Core Team (at a glance)



Somrita Chatterjee

Founder,
EI Specialist, Author,
Life & Leadership Coach,
Facilitator & Speaker



Arthi Rajesh

Senior Consultant,
EQ Facilitator, Author,
Art Based Therapist,
Counsellor



Viraja Maganti

Senior Consultant,
EQ & Parenting Coach,
Facilitator, Educator &
Counsellor

Somrita is the Founder of Self Voyage with Somrita, and serves as a Life Skills Faculty at Pearl Academy, Mumbai. She is also an accomplished Author, Life & Leadership Coach, Facilitator, and Speaker. As a young mother, her life's mission revolves around cultivating happiness for both herself and others.

She is a distinguished professional with 13 years of experience, including 7 years in Corporate roles with Tata Steel, KONE Elevator, and Nestle Skin Health, and 6 years in Learning & Development (L&D).

She has accumulated over 2000 hours of training experience to date, positively impacting over 7000 individuals through training, mentoring, coaching, and speaking engagements spanning diverse demographics and geographies.

Somrita has authored two books, 'Self Voyage with Somrita' and the Amazon Bestseller 'Celebrating Relationships'.

She holds a PGDPM from XISS, Ranchi, and is an ICF Certified Life & Leadership Coach, NLP Practitioner, and has numerous other certifications including Emotional Intelligence, Gestalt Masters, Psychodrama and so on.



Somrita Chatterjee



Certificates

MIND'S TRAINER
BALANCING EMOTIONS

Mind's Trainer Institute hereby certify that
Somrita Chatterjee

Has completed The Practitioner Level Training in NEURO LINGUISTIC PROGRAMMING (NLP) and has demonstrated the highest degree of competency and skill in the techniques, patterns and concepts of NLP.

CERTIFIED PRACTITIONER
of NEURO LINGUISTIC PROGRAMMING on this Day, the 15th December 2019

Kiran Pariya
DR. KIRAN M. PARIYA
NLP PRACTITIONER CERTIFICATION ABNLP (ASSOC.)
EMOTIONAL INTELLIGENCE TRAINER, HYPNOTHERAPIST, LIFE COACH

www.mindstrainer.com

VedaDrama

Certificate Of Participation
Ms. Somrita Roy

has participated in the interactive workshop "Psychodrama Practice and Application Training" with certified psychodrama trainer Rashmi Dutt, PAT.

This online workshop teaches participants the Psychodrama framework, tools and techniques and their application in coaching, training, and facilitation.

Dates: June 25th - June 26th, 2022
Credits: 1.67 credits

The Vedadrama India training is internationally accredited with PIB Germany. Vedadrama India is an institutional / organizational member of ISPS, IAGP and ASGPP.

Rashmi Dutt
Rashmi Dutt, PAT
CEO and Owner, Vedadrama India

Vedadrama India 1201, Magolski, DLF Phase 5, Gurgaon 122009 www.vedadrama.com
PIB Zentrum, Germany (Humanistic Psychodrama) Grundstr. 17, 20257 Hamburg, www.pib-zentrum.de

VedaDrama

Certificate Of Participation
Ms. Somrita Roy

has participated in the interactive workshop "Humanistic and Spiritual Foundations of Psychodrama" with certified psychodrama trainer Dr. Jochen Becker-Ebel, TEP.

This online workshop presents the historical, philosophical, and spiritual perspective of J. L. Moreno, which forms the basis of Humanistic Psychodrama as practiced in Vedadrama, as well as its meeting with Vedantic philosophy.

Dates: July 1st - July 3rd, 2022
Credits: 2.5 credits

The Vedadrama India training is internationally accredited with PIB Germany. Vedadrama India is an institutional / organizational member of ISPS, IAGP and ASGPP.

Joel Fernandes
Dr. Jochen Becker-Ebel, TEP
Trainer and AG, Prof. of Psychodrama, Founder, Vedadrama India Pvt. Ltd
Owner PIB, Germany

Rashmi Dutt
Rashmi Dutt, PAT
CEO and Owner
Vedadrama India

Vedadrama India 1201, Magolski, DLF Phase 5, Gurgaon 122009 www.vedadrama.com
PIB Zentrum, Germany (Humanistic Psychodrama) Grundstr. 17, 20257 Hamburg, www.pib-zentrum.de

ANIL THOMAS FELLOWSHIP
presents this

SOMRITA CHATTERJEE

Certificate Of Completion

for completing the studies and demonstrating competency and skill in the advance techniques of Gestalt and hence conferred the title

GESTALT CERTIFIED MASTER
As taught by Richard (Dick) McHugh SJ, Ph.D.
Course Duration - 80 Hours

Joel Fernandes
Joel Fernandes
Head - Programme & Strategy

Anil Thomas
Anil Thomas
Resource Person & Master Facilitator

Richard (Dick) McHugh
SJ Ph.D.
1918 to 2018
Course Dates: 12th to 16th Dec, 2022.
Resource Person: Anil Thomas
Head Trainer & Master Facilitator (Gestalt) through the years has been a privilege to be mentored by Dr. Richard (Dick) McHugh SJ, Ph.D.

SUNDAY BRICKS

Training Certificate

This is to certify that
Somrita Chatterjee

has completed
Six Bricks Level 1 and Level 2
teacher training workshops under
Lead Facilitator Mr. Mrunal Shah

21/01/2024
Date

Mrunal Shah
Mrunal Shah
Sunday Bricks Edu Services

Somrita Chatterjee

Has perfectly completed the

COACH FOR LIFE INSTITUTE
Coaching the Human Spirit™

Life & Leadership Coach Program™
PART I
24TH NOVEMBER 2020

Hosted By:
BacktoSource
COACHING

Peter J. Reding
PETER J. REDING, MCC, MBA, COFOUNDER

Marcia Collins
MARCIA COLLINS, MCLC, MCC
COFOUNDER

Part I of III
PCLC
ICF Accredited

TCP
40 Hrs.
CCE
Core Competencies

ACSTH
CCE

EQUIPOISE
LEARNING PRIVATE LIMITED
Emotional Intelligence Research and Training Organization
150 9901 - 2015 Certified
Creating Balance in Lives

Indian Preferred Partner of 6 Seconds, USA

CERTIFICATE of Completion

This certificate is proudly presented to
Mr./Ms. SOMRITA CHATTERJEE

for having successfully completed the
CERTIFICATION COURSE IN EMOTIONAL INTELLIGENCE
held from 31.10.2018 to 04.11.2018
organised by Equipoise Learning Pvt. Ltd., Thane.

Sandeep Kelkar
Dr. Sandeep Kelkar
Founder & Managing Director

CERTIFICATE of recognition & completion

PROUDLY PRESENTED TO
SOMRITA CHATTERJEE

for
ARCHETYPAL JOURNEY
This Course is an adaptation from the 'Deep Dialogues of Fritz', 'Alchemy of Jung' and 'Heroic Journey of Campbell'

This certifies that the participant has attended & successfully completed the 12 hour (9 hour live + 3 hour pre-work) Archetypal Journey using tools of NLP

Joel Fernandes
Joel Fernandes
Head - Programme & Strategy

Anil Thomas
Anil Thomas
Resource Person & Master Facilitator

Certificate of Attendance & Completion

Coaching Strategies Using Tools of NLP

PROUDLY PRESENT TO
SOMRITA CHATTERJEE

This confirms that the participant has attended and successfully completed the 12 hours (9 hour live + 3 hour pre-work) class on Coaching Strategies Using Tools of NLP

Judith DeLozier
JUDITH DELOZIER
Head - Master Trainer

Anil Thomas
ANIL THOMAS
Resource Person & Master Facilitator

Certificate of Completion

duly recognizes & certifies that
SOMRITA CHATTERJEE

has successfully completed the studies & has demonstrated competency & skill in the basic techniques of Gestalt & is conferred the title
'Gestalt Certified Associate'
as taught by Richard (Dick) McHugh SJ, Ph.D.
Course Duration - 36 hours

Anil Thomas
Anil Thomas
Resource Person & Master Facilitator

Joel Fernandes
Joel Fernandes
Head - Programme & Strategy

Somrita Chatterjee

Has perfectly completed the

COACH FOR LIFE INSTITUTE
Coaching the Human Spirit™

Life & Leadership Coach Program™
PART II
FEBRUARY 10, 2021

Hosted by
BacktoSource
COACHING

Peter J. Reding
PETER J. REDING, MBA, MCC
COFOUNDER

Marcia Collins
MARCIA COLLINS, MCLC, MCC
COFOUNDER

ICF Accredited
ACTP
ICF Accredited

6 Hrs Dev
20 Hrs
Total CCE
Core Comp

ACSTH
CCE

EQUIPOISE
LEARNING PRIVATE LIMITED
Emotional Intelligence Research and Training Organization
150 9901 - 2015 Certified
Creating Balance in Lives

CERTIFICATE of Completion

This is to Certify that
Mr./Ms. Somrita Chatterjee

has successfully completed
THE FACILITATOR TRAINING CUM BUSINESS ASSOCIATE PROGRAM IN EMOTIONAL INTELLIGENCE
held from 18.01.2019 to 20.01.2019 at Thane.

Sandeep Kelkar
Dr. Sandeep Kelkar
Founder & Managing Director

CERTIFICATE OF PARTICIPATION

Congratulations Somrita Chatterjee!
You just transformed yourself into an **ENERGENIE!**

Date May 25, 2019
Location Thane

R Sridhar
R Sridhar
Founder

Emergent

IHRD

Certificate of Excellence

This is to certify that
SOMRITA CHATTERJEE

has successfully completed the programme in
Competency Mapping, Assessment & Development
held on August 07-08, 2015 at Mumbai, INDIA

08-08-2015
Date

Sandeep Kelkar
Sandeep Kelkar
Director

INSTITUTE OF HRD
#501, 8 Road, 4th Cross, R.T. Nagar 8 Block, Bangalore 560 032, INDIA

Institute of HRD is a full member of International Federation of Training & Development Organizations, Geneva.

Cubiks

PAPI™ certification

This is to certify that
SOMRITA CHATTERJEE

is an accredited user of
PAPI
Personality and Preference Inventory

under the licence of
Cubiks Limited

K. Aila
K. Aila
Kajja Bridger

13.10.2017

Date: 15th March 2021
Serial No: 2491

THE INCREDIBLE YOU COACH TRAINING

This certifies that
Somrita Chatterjee

has successfully completed the Incredible You Coach Training, a CCE certified program accredited by International Coach Federation

Arif Khan
ARIF KHAN

CCE
Incredible You Coach Training program is CCE certified

Yale

COURSE CERTIFICATE

Somrita Chatterjee

has successfully completed
The Science of Well-Being
an online non-credit course authorized by Yale University and offered through Coursera

Somrita Chatterjee
Somrita Chatterjee

coursea

Arthi is a highly qualified professional having 11 years of experience, with a rich background in counselling and emotional intelligence training. She holds a Commerce degree and a Post Graduate degree in Counseling from Tata Institute of Social Sciences (TISS), along with a Master's in Counseling and Spiritual Health. Additionally, she has a Diploma in Arts-based Therapy and multiple certifications, including Emotional Intelligence, Family EQ Coach, and Six Bricks Levels 1 & 2.

Within our team, Arthi plays an integral role, shaping and delivering content that fosters Emotional Intelligence (EI) and life skills. She is also a Guest Faculty at Pearl Academy, Mumbai and has co-facilitated impactful corporate workshops for esteemed clients such as NTPC, Worldline, and Dentsu.

Furthermore, she has co-authored "Celebrating Relationships," which has become an Amazon Bestseller. Her diverse expertise and innovative approaches have significantly contributed to her success in enhancing mental health and emotional well-being across different demographics.



Arthi Rajesh



Viraja is a highly experienced professional with 25 years of expertise in facilitating courses and workshops for diverse groups, including students, teachers, and parents. She holds an M.Com in Marketing and has numerous certifications, including Montessori Teachers Training, a Diploma in Early Childcare and Education (DECED) from IGNOU, EQ Educator from Six Seconds India, Parenting Coach, ICF Certified 'Her Breakthrough' Life Coach, Family EQ Coach, NLP Practitioner, and certifications in Mindfulness & Personal Energy Management, Counseling Psychology, Clinical Psychology, Trauma Counseling, and Six Bricks Level 1 & 2.

Within our team, Viraja holds a pivotal role in crafting and presenting content that enhances Emotional Intelligence (EI) and life skills. Additionally, she serves as a Guest Faculty at Pearl Academy, Mumbai.

She has conducted webinars on parenting for Future Generali Insurance Solutions and an international webinar on EI for professionals and homemakers in Toronto, Canada. Her accolades include the 'Because we are worth it's Award by an image consultancy firm and the Award for Resilience & Achievement in 2019.



Viraja Maganti





In Gracious Gratitude

Somrita Chatterjee



somrita@selfvoyage.in
coach.somrita@gmail.com



Somrita Chatterjee

Reg. Address : WeWork Zenia, 4th Floor, Hiranandani Circle, Hiranandani Business Park, Thane, Maharashtra - 400607

GSTIN : 27ASHPR0597A1ZO