



Program Structure & Agenda

Pre-Requisite: Profile Questionnaire filled up and sent to the mentor 1 week before the session starts

Week 1 (Group Session – 90 mins): Program overview, Seven dimensions Introduction, tinyHabits overview

Mentee Homework: Life dimension Assessment to be completed within 48 hours (30 mins). Habit creation practice for next 40 days (daily for <2 mins)

Mentor Response: Will send back the assessment results along with mentor comments before the second session

Week 2 (Group Session – 90 mins): Detailed discussion on each of the assessment elements, covering all the comments from all participants without names called out. It will be an interactive session.

Mentee Homework: Fill up the self-discovery questionnaire and send it back within 48 hours (30 mins)

Mentor Response: Will review and have inputs before the second session

Week 3: (1-on-1 Session – 60 mins): Guided Self-introspection on personality, passion & values

Mentee Homework: Complete bottom of ice-berg exercise on Professional Life within 48 hours (60 mins)

Mentor Response: Will review and share inputs to further refine output within 48 hours

Week 4 (Group Session – 90 mins): Professional life retrospection assessment & discussions

Mentee Homework: Review and refine the retrospection elements within 48 hours (30 mins)

Mentor Response: Will review and share inputs to further refine within 48 hours

Week 5 (1-on-1 Session – 60 mins): Review change agent elements and set ambitious goal

Mentee Homework: Finalize Goals and develop a self-transformation plan within 48 hours (30 mins)

Mentor Response: Will review and approved the plan within 48 hours

Week 6 (Group Session – 90 mins): Review the plan and discuss the best practices to refine the plan

Mentee Homework: Refine and finalize the plan (few iterations through email with mentor) and start with implementation

Week 7 to 23: Fortnightly progress review over emails

Week 12,16,20,24 (Group Session – 60 mins): Discuss best practices, challenges, solutions and Q&A
