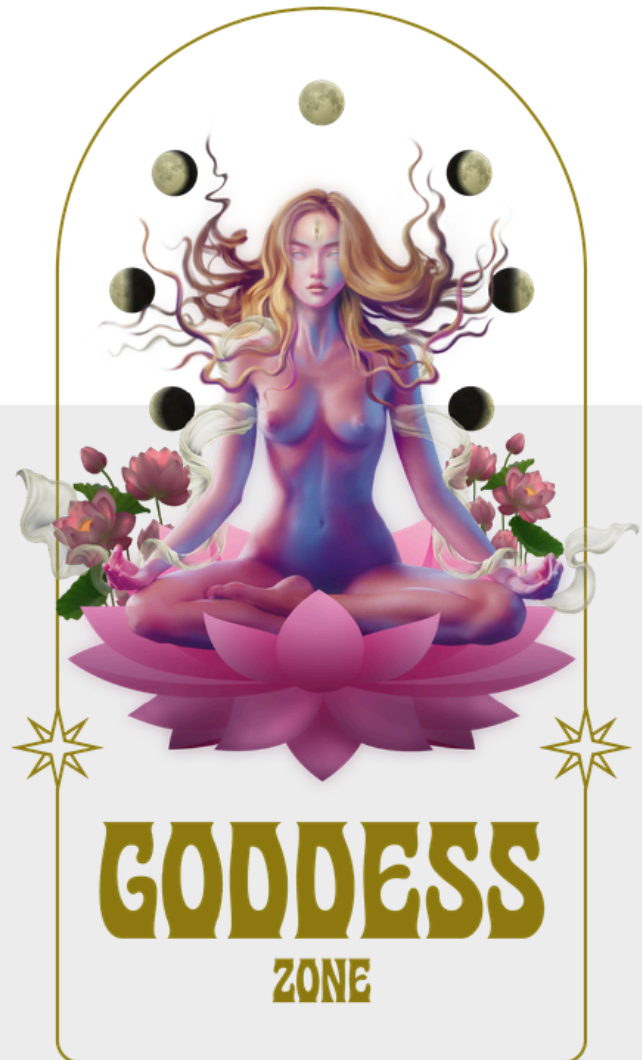


THE GODDESS ZONE

AN AID TO YOUR SPIRITUAL
& HEALING JOURNEY



EXCITED TO SHARE YOU THE
INSIGHTS..



An aid to your Spiritual and healing journey!

Our key initiatives

Understating Self: Shifting Mindset for Well-Being

This program is designed to empower teachers, equipping them with the skills to cultivate mindfulness, resilience, and holistic well-being for themselves and their students.

Student Empowerment Program

A unique program specifically created for students, focusing on holistic development. It includes workshops on memory enhancement, mental health awareness, emotional intelligence, and envisioning a new self to unlock their full potential.

Parent Training Workshops

Recognizing the vital role of parents, we offer training sessions to bridge gaps, improve communication, and promote holistic growth in children's lives.

Women's Healing Circles

Safe spaces where women connect, heal, and awaken their inner goddess through art, music, and self-reflection, fostering personal growth and empowerment.

At **The Goddess Zone**, our mission is to nurture individuals to embrace their inner strength, compassion, and creativity. By empowering teachers, parents, and students, we aim to create a ripple effect of meaningful change across communities.

Let's work together to inspire minds, awaken hearts, and create a brighter, empowered future.

Why Choose Us

- Expert Team
- Follow up session
- Tailored Solutions
- Transparency
- One to one mentorship

The Goddess Zone

The Goddess Zone is a holistic empowerment platform dedicated to fostering personal growth, well-being, and social awareness. Through transformative programs like the **Awaken Mind** initiative, women's healing circles, and educational workshops, we inspire individuals to unlock their potential. Rooted in Nepal's spiritual and ethical traditions, we promote sustainable practices, including medicinal herb plantations, and advocate for Nepal as a global spiritual destination. Our ethical products, crafted with intention, support healing and mindful living. Committed to social impact, we actively engage in awareness campaigns and training programs that cultivate compassion, resilience, and empowerment.

This commitment to holistic well-being aligns with our **Parent Counseling Skills for Teachers** program, designed to enhance school well-being through positive teacher-parent interaction. By equipping educators with essential counseling skills, we aim to foster stronger relationships between teachers and parents, ultimately creating a nurturing environment for students' academic and emotional growth.

Contact us to schedule a consultation and start your journey towards your personal success!

10,000+ Attendees

100+ Schools

20+ Colleges

10+ Communities

15+ Organizations

Much more to reach out...

Contact

☎ +977- 9822799601 / 9818181702

✉ connect@thegoddesszone.com

🌐 www.thegoddesszone.com

👤 @thegoddesszone

THE GODDESS ZONE PRESENTS

AWAKEN MINDS

AN EXCLUSIVE TRAINING PROGRAM FOR SCHOOL STUDENTS



18 HRS WORKSHOP

MAIN SESSION 7 HR
FOLLOW UP SESSION 2 HR
EACH

ONE MAIN SESSION
4 FOLLOW-UP SESSIONS

1

2



DRAW YOUR LIFE

- Sexual harassment and child sexual abuse
- Consent and Boundaries
- Gender stereotypes
- Rape culture and victim blaming
- Breaking free from social conditioning
- Bystander and Upstander
- Sexual Grooming
- How to deal with harassment?
- Role of parents
- Statutory rape and many more



Let's Start!

MENTAL HEALTH AND COPING MECHANISMS

- Colours of life
- Learning about emotions
- What is stress and anxiety?
- How to deal with them?
- Problem identification
- Finding the I
- Coping mechanisms for children in day to day life situations
- Navigating through my own coping mechanisms
- Meditation and mindfulness
- Heart to heart conversations
- Parental roles and responsibilities
- Ending ceremony

HOW TO COPE WITH MOBILE ADDICTION ?



What students will learn?

- Feel
Motivated, inspired, committed towards academic excellence
- Discover
Transformative steps for learning
- Get
Concentration technique & extraordinary mind power
- Handle
Exam phobia, competitive exam, daily challenges & pressure
- Create
Unique & fun technique for study

MIND AND MEMORY WORKSHOP

- Plan your career
- Train your memory
- Memorize full course content without any mental pressure.
- Get better grade in school
- Instantly recall important facts and figures
- Become more self-confident & self-reliant
- Toppers secret system
- Learn fast & score maximum
- Strategy to come out of jam during exam



- Types of mind
- Mental catalogue
- Art of concentration
- Three techniques of memory
- Mental exercise
- Mental alarm(wake up for your desired success)
- Nayanaspandanam
- Memory files and it's applications
- Storing and recalling numbers
- Mind mapping
- What to do before, while and after studying
- Definition and long paragraphs
- Mind and memory mapping
- How to prepare for competitive exam?
- Speed math
- Biology, Physics and chemistry
- Vocabulary and history dates
- Country, states and capitals
- Objective type questions

4

ENVISIONING A NEW YOU

- Mindfulness meditation
- Who am I? Journaling practice
- A new era for me exercise
- Vision boards
- Affirmation ceremony
- Visualization practice
- Going back to our roots
- Manifestation practices
- Bay leaf ceremony for letting go
- Gratitude journal



The Goddess Zone

5

GUEST SPEAKER SESSION



- ✓ WORKBOOK
- ✓ FOLLOW UP SESSIONS (ON DEMAND)
- ✓ PERSONAL ASSESMENTS
- ✓ PARENTS MANUAL
- ✓ PUBLIC SPEAKING AND LEADERSHIP DEVELOPMENT

©THE GODDESS LEARNINGS

INVESTMENT: 4,999/-



THE GODDESS ZONE

An aid to your Spiritual and Healing journey

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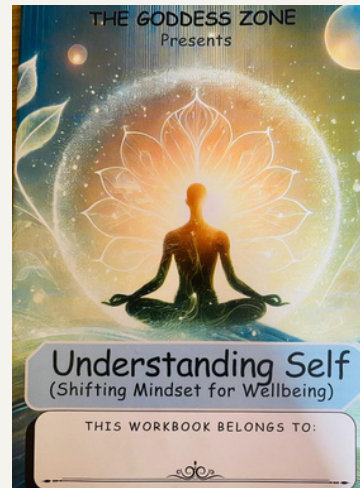
OUR PAST PROGRAMS



AWAKEN MINDS



TEACHERS AND PARENTS TRAININGS



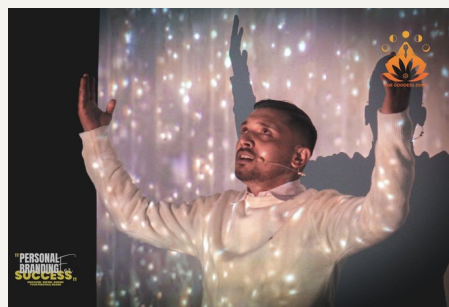
PUBLIC SPEAKING



AWARENESS CAMPAIGNS AND WOMEN EMPOWERMENT



PERSONAL BRANDING FOR SUCCESS



UNDERSTANDING MY MINDSET FOR SEE STUDENTS



SOME GLIMPSE OF PAST PROGRAMS

Parents



AMA SAMUHA

ARMY PROFESSIONALS



COLLEGES

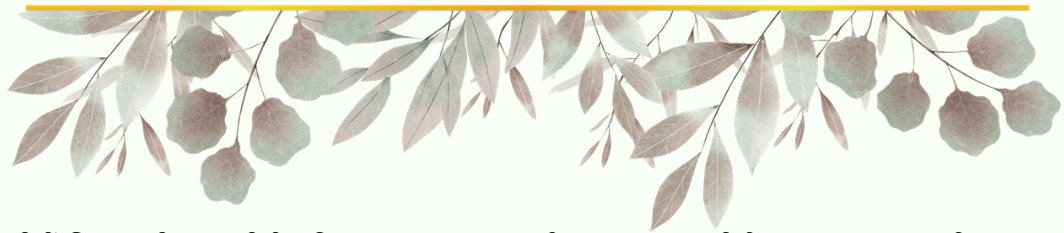
Rehabilitation center



AND NOW IT'S YOU...



आदरणीय अभिभावक ज्यु, नमस्कार !



हामी आशा गर्दछौं कि तपाईं र तपाईंको परिवार सुस्वास्थ्य र खुशी हुनुहुन्छ। तपाईंको बहुमूल्य समयलाई ध्यानमा राख्दै, हामी तपाईंलाई हाम्रो विशेष शैक्षिक कार्यक्रमबारे जानकारी गराउन चाहन्छौं।

हाम्रो कार्यक्रमले बालबालिकाको सर्वाङ्गीण विकासमा मद्दत पुर्याउने उद्देश्य राख्दछ। हामीले तयार पारेको पाठ्यक्रम बालबालिकाको चौतर्फी विकासलाई प्रोत्साहित गर्ने नै छ। आधुनिक प्रविधिको प्रयोग र अनुभवी शिक्षकहरूको मार्गदर्शनमा, हामीले बालबालिकालाई एक प्रेरणादायी वातावरण प्रदान गर्छौं।

हजुरको बच्चाले पनि कार्यक्रममा सहभागी भई, निम्न फाइदाहरू प्राप्त गर्न सक्नेछन्:

- गुणस्तरीय शिक्षा** हाम्रो पाठ्यक्रम राष्ट्रिय तथा अन्तर्राष्ट्रिय मान्यतासहितको हुन्छ, जसले बालबालिकालाई भविष्यमा सफलताका लागि तयार गर्दछ।
- व्यक्तिगत विकास** हाम्रो कार्यक्रमले बालबालिकाको आत्मविश्वास, नेतृत्व कौशल, र सामाजिक क्षमतामा वृद्धि गर्दछ।
- सम्भावनाहरूको अनुसन्धान** विविध पाठ्यक्रमहरू र क्रियाकलापहरू मार्फत, बालबालिकाले आफ्नो रुचि र सम्भावनाहरूको खोजी गर्न सक्छन्।
- स्वास्थ्य र फिटनेस** खेलकुद र अन्य शारीरिक क्रियाकलापहरूमा सहभागी गराएर, हामी बालबालिकाको शारीरिक स्वास्थ्यमा ध्यान दिन्छौं। हाइकिङ लगायत विभिन्न कार्यक्रमहरूमा सहभागी गराउदछौं।
- बाल हिंसा तथा यौनजन्य शिक्षा र मानसिक स्वास्थ्य सम्बन्धी तालिम** तपाईंको बालबालिकाको उज्ज्वल भविष्य निर्माणमा हामी तपाईंलाई साथ दिन तत्पर छौं। हामीलाई विश्वास छ कि हाम्रो कार्यक्रमले तपाईंको बच्चालाई उत्कृष्ट शिक्षा र जीवनका महत्त्वपूर्ण सीपहरू प्रदान गर्नेछ।

तपाईंको बच्चाको भविष्य निर्माणमा तपाईंको साथ पाउन पाउँदा हामी गौरवान्वित हुनेछौं। कृपया, थप जानकारीका लागि हामीलाई यसै कागजातसंग राखिएको जानकारी हेर्नु होला र थप जानकारीको लागि हामिलाई सम्पर्क गर्नुहोस्।

धन्यवाद!

शुभकामना सहित,
द गडेश जोन

सम्पर्क:

९८०२३९४६१० / ९८०२३९४६११/ ९८०२३९४६१२

THE GODDESS ZONE

presents



Awaken Minds

विद्यालयका विद्यार्थीहरूका लागि मानसिक, भावनात्मक र बौद्धिक समग्र विकास को विशेष कार्यक्रम !

शुल्क:

रु. 4,999/-
मात्र

मन, स्मरणशक्ति र आत्मविश्वास बलियो बनाउने यात्रा:

- **Holistic Development**– शारीरिक, भावनात्मक, सामाजिक, बौद्धिक र आध्यात्मिक पक्षलाई समेटेर विद्यार्थीलाई भित्रदेखि बाहिरसम्म समग्र रूपमा उज्यालो बनाउने यात्रा!
- Hiking, ध्यान, सिर्जनात्मक गतिविधि र समूह अन्तरक्रियामार्फत उनीहरूलाई आत्मविश्वासी, सचेत र सशक्त बनाउने यात्रा।
- आजै आफ्नो बच्चाहरूलाई दर्ता गराउनुहोस् र उनीहरूको उज्ज्वल भविष्यको बाटो खोल्नुहोस्!
- हाम्रो साथमा, तपाईंका छोराछोरीले प्रकृतिसँगको सम्पर्क, नेतृत्व क्षमता र जीवन सीपहरू सिक्नेछन्।

एक वर्ष: जहाँ पढाइ मात्र होइन, आत्मविश्वास, चेतना र सम्पूर्ण व्यक्तित्वलाई समग्र विकासको बाटोमा जागृत गरिन्छ!

विद्यार्थीहरूले पढाइ मात्र होइन, जीवनका हरेक पक्षमा सफल हुन आत्मविश्वास, स्मरणशक्ति, भावनात्मक सन्तुलन र सकारात्मक दृष्टिकोण सिक्नेछन्।

- ✓ जीवनका रंग र आफ्ना भावनाहरू बुझ्ने
- ✓ तनाव र चिन्ता सामना गर्ने उपायहरू
- ✓ सजिलै पढाइ सन्धिने मेमोरी ट्रिक्स र माइन्ड म्यापिङ
- ✓ परीक्षा त्रास हटाउने, आत्मविश्वास बढाउने
- ✓ भिजन बोर्ड, जर्नल लेख्ने, ध्यान र मनोकामना अभ्यास
- ✓ अभिभावकको भूमिका र अन्तिम समापन समारोह

वर्कबुक, व्यक्तिगत मूल्याङ्कन, अभिभावक पुस्तिका र आवश्यकता अनुसार फलो-अप सेसन पनि समावेश

आफ्ना बालबालिकालाई जीवनको यात्रामा अझ बलियो, खुसी र सफल बनाउन आजै नाम लेखाउनुहोस्!

- कृपया भुक्तानीका लागि तलको QR कोड स्क्यान गर्नुहोस्।
- भुक्तानी सम्पन्न भएपछि screenshot लिएर हामीलाई पठाउनुहोस्, ताकि तपाईंको दर्ता प्रक्रिया पूरा गर्न सकियोस्।
धन्यवाद!

✨ आफ्ना बालबालिकाको समग्र विकासको यात्रामा हामीसँग सहभागी हुनुहोस्! ✨



The Goddess Zone

THE GODDESS ZONE

Lazimpat, Kathmandu, Nepal

Contact Us:

+977 9822799601 / 9818181702

www.thegoddesszone.com

OUR INITIATIVES

1

UNDERSTANDING MY MINDSET FOR SEE STUDENTS

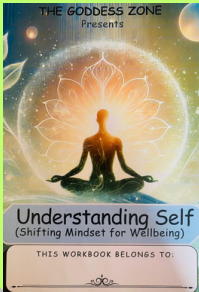
A practical self-development training for SEE students focused on self-awareness, emotional balance, and positive thinking. It includes understanding thoughts and behavior, building confidence, managing stress and exam pressure, improving focus and motivation, and developing effective mind and memory techniques for better learning, recall, and academic performance.



2

UNDERSTANDING SELF

A teacher training journey focused on developing deep self-awareness through reflection on thoughts, emotions, behaviors, strengths, and limitations. It helps future educators build emotional intelligence, confidence, and a balanced mindset, enabling them to improve communication, classroom management, decision-making, and overall professional effectiveness for better teaching and student impact..



3

PARENTING AN OPPURTUNITY

Parenting training is a structured program designed to equip parents with essential knowledge and skills in child development, positive discipline, and effective communication. It helps parents understand children's emotional and behavioral needs and apply practical strategies to support healthy growth. This training strengthens parent-child relationships and promotes confident, responsible, and well-balanced development in children.



ADVANCE PUBLIC SPEAKING , LEADERSHIP AND PERSONALITY DEVELOPMENT WORKSHOP

A transformative student training program focused on developing confident public speaking, effective communication, leadership abilities, strong personality, stage confidence, creative and critical thinking, teamwork, voice and expression mastery, and self-confidence through interactive sessions, practical speaking activities, and real-life experiences for academic excellence and future success.



PERSONAL BRANDING FOR SUCCESS



Personal Branding for Success is a flagship transformational program by "The Goddess Zone", dedicated to helping individuals build a strong, authentic, and influential personal brand.

The program empowers participants to discover their unique identity, communicate with confidence, develop leadership presence, and create meaningful impact in their personal and professional lives. Through practical learning, self-discovery, public speaking, networking, and personal growth strategies, Personal Branding for Success helps individuals become visible, credible, and unforgettable in an increasingly competitive world.

THE GODDESS ZONE PRESENTS

PERSONAL BRANDING *for Success*

DISCOVER • DEFINE • DESIGN
YOUR PERSONAL BRAND

WHAT YOU'LL UNLOCK

- ✓ Unshakeable clarity about who you are and what you stand for.
- ✓ A confident, commanding presence that influences any room.
- ✓ Stronger personal & professional relationships built on trust.
- ✓ High-impact communication that elevates your career.
- ✓ A growth mindset that transforms your life and decisions.
- ✓ A powerful personal brand that attracts opportunities to you.

NEW YEAR! NEW YOU!

Your brand new version awaits you.

“DON'T LET THE MARKET
DEFINE YOUR
BRAND'S STORY FOR YOU”



HEMANT SAPKOTA
YOUR TRANSFORMATIONAL COACH



FOR REGISTRATION
CALL: 9802394610



SAT & SUN



MAY
9 & 10



9:00 AM - 6:00 PM



Hyatt Centric,
SoalteeMode, Kathmandu

YOUR TRANSFORMATION STARTS HERE.



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Healing journey

www.thegoddesszone.com

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MEET OUR TEAM

Empowering Lives
Inspiring Change
Creating Impact 🌟

Sandhya Baral

CEO, THE GODDESS ZONE

Social Activist | Trainer | Coach | Speaker

WHAT I DO

-  Social Activist
-  Trainer & Transformation Expert
-  Sexual Violence Awareness Advocate
-  Public Speaking Trainer
-  Your Coach at
Personal Branding for Success
-  Dancer & Choreographer
-  Skill Based Trainer
(Candle Making, Incense Making)
-  Election Campaign Strategist Trainer
-  Women Circle Facilitator
-  Healing Through Healing



THE
GODDESS
ZONE



TRAINED
2000+
WOMEN



TRAINED
3000+
INDIVIDUALS



ELECTION CAMPAIGN
STRATEGIST TRAINER



WOMEN CIRCLE
Creating Safe Space,
Empowering Women



HEALING
THROUGH HEELING
Heal. Grow. Transform.

“ I believe every individual has the power to
rise, heal, and lead.
My mission is to empower hearts, build skills,
and create impact that lasts generations. ”



EDUCATION

AWARENESS

SKILL

HEALING

LEADERSHIP

EMPOWERMENT



MESSAGE FROM THE CEO

"I believe true transformation begins when we recognize our own strength. My mission is to empower individuals to heal, grow, and lead with confidence. Through awareness, skill-building, and compassionate leadership, we can create lasting change in our communities and beyond."

- Sandhya Baral

CEO, The Goddess Zone

Rise. Heal. Lead. 🌸



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MEET OUR TEAM

Empowering Minds
Inspiring Change
Creating Impact ♥

Hemant Sapkota

FOUNDER, AWAKEN MIND | THE GODDESS ZONE

Social Activist | Trainer | Counselor | Author | Public Speaker



THE
GODDESS
ZONE

SIGNATURE PROGRAMS

-  **TRANSFORMATIONAL MINDSET**
One Day Workshop, Lifelong Transformation
-  **PUBLIC SPEAKING MASTERY**
-  **PERSONAL BRANDING FOR SUCCESS**
-  **BE THE BOSS**
(Breaking Out the Self-Sabotage)
-  **TEACHER WELL-BEING & LEADERSHIP**
-  **SEXUAL VIOLENCE PREVENTION AWARENESS**
-  **STUDENT HOLISTIC DEVELOPMENT PROGRAM**

ACHIEVEMENTS & CONTRIBUTIONS

- ★ Founder - The Goddess Zone
- ★ Founder - The Goddess Zone
- ★ Life Transformational Coach
- ★ School Transformation & Well-being Advocate
- ★ Researcher on Mindfulness, Emotional Intelligence & Education Reform
- ★ Trainer in Leadership, Communication & Personal Development

WHAT I DO

-  Public Speaking Trainer
-  Mind & Memory Cooch
-  Holistic Education Advocate
-  Psychosocial Counselor
-  Sexual Violence Awareness Facilitator
-  Personal Branding Coach
-  Teacher Training & Leadership Development Expert
-  School Well-being Program Designer
-  Awaken Mind Hiking & Experiential Learning Facilitator
-  Researcher & Author
-  Curriculum & Program Developer

IMPACT CREATED

-  **5000+**
STUDENTS TRAINED
-  **1000+**
TEACHERS EMPOWERED
-  **50+**
SCHOOLS REACHED
-  CREATOR OF
THE AWAKEN MIND
PROGRAM
-  ADVANCED
PUBLIC SPEAKING
MENTOR
-  MENTAL HEALTH &
EMOTIONAL WELL-BEING
ADVOCATE
-  HOLISTIC LEARNING
THROUGH ADVENTURE
& EXPERIENCE

ELEVATE YOUR POTENTIAL.
DISCOVER THE
GODDESS ZONE WITHIN.

"I believe every individual possesses extraordinary potential waiting to be awakened. My mission is to empower minds, strengthen character, develop confident communicators, and inspire positive transformation in individuals, schools, and communities."
- Hemant Sapkota



EDUCATION | LEADERSHIP | MINDFULNESS | AWARENESS | COMMUNICATION | EMPOWERMENT | TRANSFORMATION



MESSAGE FROM MANAGING DIRECTOR

"I believe every individual carries extraordinary potential waiting to be awakened. My mission is to empower minds, strengthen character, develop confident communicators, and inspire meaningful transformation in individuals, schools, and communities. Through education, mindfulness, leadership, and personal growth, we can create a generation that not only succeeds but also leads with purpose, compassion, and courage."

- Hemant Sapkota

Managing Director, The Goddess Zone



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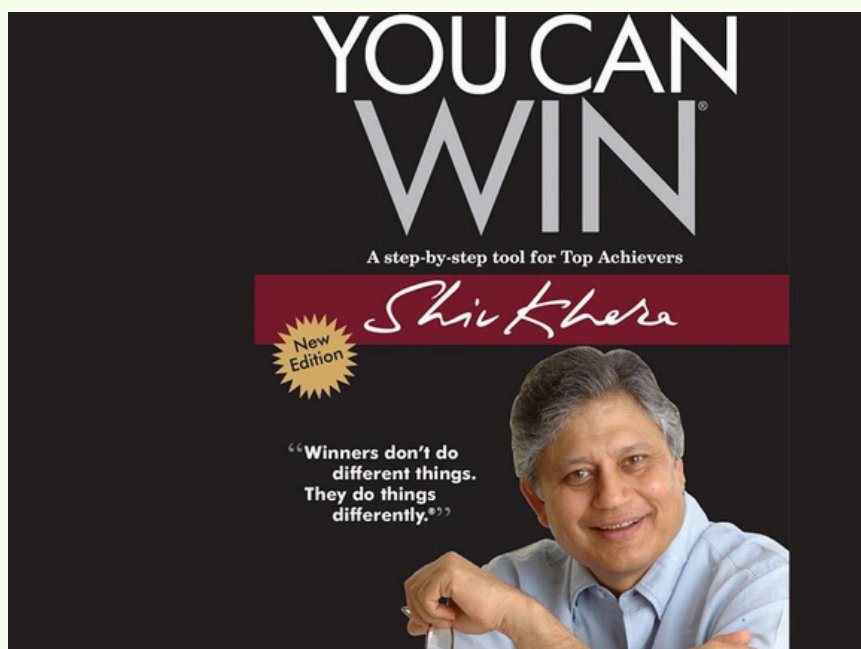
WHO WE HAVE WORKED WITH?



Anthony Jay Robbins is an American author, coach and motivational speaker. He is known for his seminars and self-help books, including the books Unlimited Power and Awaken the Giant Within.



TONY ROBBINS



Shiv Khera is an Indian author, activist and motivational speaker, best known for his book, You Can Win. He launched a movement against caste-based reservation in India, founded an organization called Country First Foundation.

SHIVA KHERA



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PAST EVENTS



TRANSFORMATION THROUGH TANTRA

Ignite Your Passion Together! Explore the magic of Tantric Power at our exclusive 4-day residential event in Nepal, hosted by the visionary Nila Amma a Founder of Nila's Mystic School!

Date: June 19 to 22

Immerse yourself in:

Night meditation for self-love and inner bliss

Flower ceremonies blessing your journey

Water ceremonies by Nila Amma

Fire cleanses, meditations, offerings, and breathwork for renewal and heightened passion

Healing sessions to uplift your spirit

Unleash the power of Tantra to enhance your connection, deepen intimacy, and reignite your love! Join us for Tantra for Couples sessions, designed to create sacred moments and strengthen your bond & etc.



CACAO CEREMONY



Cacao is also known as :-

- Food of god
- Rainbow medicine
- Medicine of peace
- Medicine of soul
- Wisdom keeper
- Ancient scared seed

In the ceremony we work with the 5 elements to open, purify and heal the heart space. We will take you on a journey through different South American rituals, sacred medicine chants and movement.

Shared by Mariska van dalfsen , medicine woman with 16 years of experience in Plant Medicine traditions of Perú. She also shares other healing practices through sound, medicine chants, crystals and healing touch.

Benefits of cacao ceremony:-

- Mental clarity
- Heart-opening
- Energy boosting
- Emotional healing
- Nourishing for the body
- Deeper state of meditation
- Enhance creativity

This event also includes :-

- aura cleansing
- medicinal chants
- oracle reading



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OUR SIGNATURE EVENTS

AWAKEN MINDS

विद्यार्थीहरूले पढाइ मात्र होइन,
जीवनका हरेक पक्षमा सफल हुन
आत्मविश्वास, स्मरणशक्ति,
भावनात्मक सन्तुलन र
सकारात्मक दृष्टिकोण सिक्नेछन्।



- जीवनका रंग र आफ्ना भावनाहरू बुझ्ने
- तनाव र चिन्ता सामना गर्ने उपायहरू
- सजिलै पढाइ सन्धिने मेमोरी ट्रिक्स र माइन्ड म्यापिङ
- परीक्षा त्रास हटाउने, आत्मविश्वास बढाउने
- भिजन बोर्ड, जर्नल लेख्ने, ध्यान र मनोकामना अभ्यास
- अभिभावकको भूमिका र अन्तिम समापन समारोह

मन, स्मरणशक्ति र आत्मविश्वास बलियो बनाउने यात्रा



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"Leading with Wellbeing: Healthy Principals, Thriving Schools"



Why This Program?

Most principals spend their days putting out fires. One moment it's a teacher issue, next it's a parent complaint, then an urgent report, then a student crisis. By the time the day ends, there's barely any space left to breathe, let alone reflect.

And in all of this, one important truth gets ignored:
The well being of the principal.

There are plenty of programs on leadership, management, and school improvement. But very few that focus on the person holding everything together.

This program is different.

This is not another leadership training.

This is a space designed for you—to pause, reset, and rebuild your inner strength.

A practical and deeply reflective experience that helps you:

- Step out of constant stress and avoid burnout
- Build emotional balance, even in difficult situations
- Make clearer, calmer, and more confident decisions
- Create a healthier, more positive school environment
- Find balance between your role and your personal life
- Reconnect with clarity, purpose, and direction in leadership

Because when the leader is overwhelmed, the whole system feels it.

And when the leader is steady, everything else begins to shift.

Goddess Zone
EMPOWER. BALANCE. TRANSFORM.

A Space for Leaders to Pause, Reset and Rise.

LEADING WITH WELLBEING:

Healthy Principals, Thriving Schools

A TRANSFORMATIONAL EXPERIENCE FOR SCHOOL LEADERS

Because when the leader is well, the whole school thrives.

THIS PROGRAM HELPS YOU TO

- Step out of stress and prevent burnout
- Build emotional balance & resilience
- Make clearer, calmer & more confident decisions
- Create a healthier, positive school environment
- Restore balance between role & personal life
- Reconnect with purpose, clarity & direction

WHEN THE LEADER IS GROUNDED, EVERYTHING BEGINS TO SHIFT.

For Principals, Vice Principals & Academic Leaders

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INCLUDES:

Wellbeing Action Plan
Wellness Toolkit
Burnout to Breakthrough
Designing a Happy School Culture
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"When a school leadership Thrives, Teachers Flourish, Students Succeed, and Schools Transform."



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