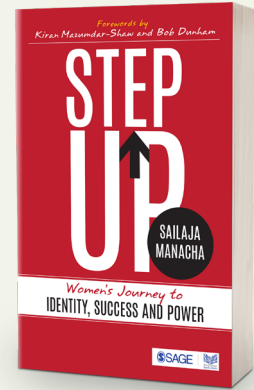


Step Up in Organisations

Step Up is a book on women and leadership. It helps women overcome the psychological barriers that prevent them from taking on expansive leading roles in their personal and professional lives. The book draws on Sailaja Manacha's expertise in psychology and leadership coaching and:

- Provides practical advice, exercises and strategies
- Addresses the challenges that women face due to internal barriers and self
- Highlights practices that can strengthen women's identity as they journey to excellence and expansion



Sailaja Manacha is a psychologist, psychotherapist, and leadership coach who works to empower women to take on leadership roles and function with agency in all aspects of their lives. She is the founder of Physis, an organisation that provides leadership coaching, and also the creator of Step Up, an online women's leadership course. With a unique blend of psychology, awareness-based practices, and practical management, she has facilitated countless training and coaching programs for individuals and teams in top global organisations.

Step Up

amazon.in Book Ranking

#1 Bestseller

Business Self Help

Hot New Releases In Education

Mover And Shakers

Hot New Releases In Business Self Help

#2 Bestseller

Education

#3 Bestseller

In Business, Strategy & Management

56th Bestseller Rank (Overall)

"SELPH - explained beautifully and in such simple articulation. In *Step Up: Women's Journey to Identity, Success and Power*, Sailaja Manacha has very succinctly presented how our history and past life build us as a person. A book that will peel the layers of fear and constraints, and bring an honest mirror in front of every aspirational leader - you won't be able to put it down. This book is an asset for every professional who aspires to grow and may not have the privilege of a coach. Real-life examples, probing coaching questions and a bouquet of best practices will empower every single reader."



Sheenam Ohrie

Managing Director,
Broadridge Financial Solutions, India

"*Step Up* does something remarkable as one reads through. Using anecdotes, experiences and theory, it compels one to reflect on one's own past, view patterns and see them playing out in the present, build belief that change is possible and, most importantly, help one work through these changes. It is almost like there is someone who is handholding you, step by step to stepping up. It also brings in a unique understanding to gender and how gender norms play out. Excellent read for anyone who is willing to self reflect and look at a different realm to themselves."



Madhumitha Venkataraman

DEI Practitioner & Mental Health
Professional Founder - Diversity Dialogues

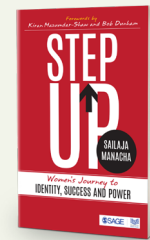
Step Up has also gone to these organisations








How can you have Step Up in your organisation



4 module journey • 2 hours per module • Presentation & activities

Module 1

What has shaped us?

- Many selves - Dominant, Nurturing, Direct, Overadapted and Free flowing
- What's below the surface one can see
- Observer Action Results model
- Somatic learning

Module 2

Missing Conversations

- Pulled in all directions. What do we really care about?
- Anatomy of Action
- Planning your conversations
- Somatic Learning

Module 3

Side stepping the Inner critic

- Understanding your inner critic
- 10 limiting patterns
- Choosing the abundance mantra you need
- Somatic learning

Module 4

Shifting your public identity

- Powerful requests and offers
- Changing the value game you play
- Holding blogger promises
- Somatic Learning

"I have been part of Sailaja Manacha's "Step Up" program and can confidently say that it transforms the way we think about ourselves, and those around us. Sai has this amazing gift of connecting to women, helping them realize their inner roadblocks and guiding them to overcome them."



Ms Hemalatha Gupta
Assistant Vice President

"With the help of somatics, psychological models, 5-finger solution and care modules, the learnings and experience are sure to last long and stay deep-rooted. The positive impact on my personal and professional life is immense. I'm in a much happier place and immensely satisfied. I'm happy to meet the new leader in me with a lot of enthusiasm."



Sharmila Singh
Sub-segment head,
Senior Manager -
Product Development

"The Step Up program was like taking baby steps in leadership, where you know there is a friend and guide at every step of the way. The structure and the thought process bring immense self-awareness and inspiration to move forward with care, to fall but to get up again with conviction and to have the right conversations with clarity."



Susmita Vaikar
Global Product Manager