

# *Open Doors*

Open Doors is a facilitating outfit pioneered by Shobha Sreekumaran with an aim to reach out to families. Work-life balance is today of utmost importance, without which we are prone to inch our way towards negativity and poor performance at work. Through our experience we have seen the vital impact family life can have both negatively and positively on professional life.

We are all constantly facing situations in our day to day lives, some of these situations can close in on us and prevent us from achieving our full potential. OPEN DOORS therefore aims to offer solutions to some of the difficult situations experienced within the home and family life.

We desire to partner with organizations and institutions specifically to cater to the needs of their stakeholders. We aim to be a boutique service provider, offering holistic training, coaching and counsel to families. Our overall aim is to equip and facilitate each family member to become responsible to their individual callings and roles. Our hope is that this will enable individuals lead fulfilled lives, and thereby, become good influencers in the wider society.

We offer age-appropriate Parenting Seminars, Marriage Enrichment Seminars, Pre-marital Seminars, seminars to equip parents on handling delicate issues like Child Sexual Abuse (CSA) and premarital sex. We also offer counseling and support for all members of the family this would include support groups for grieving and bereaved families, weekend programs for couples and youth, value-based sessions for students, supporting them in their process of learning and character development.

Our customized offerings cater to the needs of every member of the family. Hence our clients would include Schools, Colleges, the Private and Public sector, the Police Force, the Armed Forces and the Civil Services.

Our various modules seek to help an employee anticipate prospective roadblocks at home, so that they can be better prepared to be bridge builders rather than firefighters when there is a crisis in the family. Hence he/she is able to focus on

adding value to the organization as he/she does not carry anxieties from home to work. This will ensure that all his/her energies can be channelized into work and that high productivity and excellence is a hallmark in all his/her deliverables. He/she is also likely to have a greater rapport with superiors, colleagues and subordinates.

## *Open Doors*

### *Our Team*



**Shobha Sreekumaran** pioneers OPEN DOORS, a facilitating outfit offering solutions to the challenges in Family Life. She holds a Post Graduate degree in English Literature from Mumbai University and was a faculty member of the English Department in institutions like Somaiya College, K.P.B Hinduja College and Thomas Baptista College. Subsequently, she felt the need to be a stay-at-home mum, in order to take care of her sons.

Later on, as her children became more independent and busy with their school schedules, she ventured out once again into the field of teaching. She worked for ACT, a Non-profit organisation for seven years. She has conducted workshops for teenagers on value-based sexual health education, workshops for parents on various issues of parenting, awareness programs on Child Sexual Abuse and Marriage Enrichment programs. She has also facilitated various 'Train the Facilitator' workshops that are need based. She has been in the field of coaching and counseling along side her husband for a number of years and this has given her much required experience in this field. Her sharp sense of wit and humor make her sessions interesting, while her vast experience has equipped her with illustrations and stories that add life to her sessions. Open Doors in offering solutions to enable a better work life balance seeks to increase the productivity of her clients. She passionately desires to be an influencer to families in the society.



**Steven Kanga** is a full time member of the team at Open Doors where his role entails facilitating training programs and counseling sessions, curriculum development, knowledge management and business development. He holds Bachelor's Degree in Management Studies from Mumbai University and is currently pursuing a course in counseling affiliated to Association of Christian Counselors (South Asia). His last assignment was with the HR team in CRISIL Ltd, where his role included managing the Induction Training for the CRISIL group across all divisions and advising the operations team on their training strategy for the year. He was also involved in counseling employees on performance issues and other work related grievances. He has also worked in the operations team at Prudential Process Management Services Pvt Ltd, where he was involved with facilitating training sessions for his team. He has also been involved in conducting training sessions at schools on personality development and counseling underprivileged children.

### ***Our Guest Facilitators***

**Jaya Abraham** has over 20 years of professional experience across hospitality, education, and business process outsourcing industries. Her current assignment is with Welspun Energy, as Vice President - Human Capital Management & Corporate Social Responsibility. Jaya holds a pre-doctoral degree in Political Science & Public Administration from Madras Christian College. She has been involved in equipping market place leaders. Her dream and desire is to affect change in a major way within the market place, for example within work ethics, work life balance and far-reaching work dynamics.

**Stanley Mehta** has been married for 32 years and resides in Mumbai. He is a qualified Electrical Engineer and was in the industry for 5 years before he shifted his vocation to training and coaching. He has conducted family life seminars in India and overseas on numerous occasions. Using his visual competence of an engineer and the sense of humor of a history storyteller, he is able to cater to an audience of varied ages.

