



The Energy Shift

Unlocking your potential through mindful habits





A NOTE FROM YOUR COACH

WELCOME TO THE SOUL TRIBE.

The energy mindset is a holistic approach to understanding and optimizing your physical, emotional, and mental energy to live your best life.

It involves recognizing that energy is a precious resource that needs to be managed, conserved, and renewed like any other resource. By prioritizing our energy and making conscious choices about how we use it, we can perform at our best, achieve our goals, and live a fulfilling life.

I invite you to experience the immense power and benefits of cultivating an energy mindset to bring well-being and harmony within you as it has helped me for sustained personal growth.

This is the first part of the series - Identifying your Energy patterns & working around them. The "How" is subjective and needs one-on-one sessions to understand the context in detail. I have tried to touch as many points as possible for you to begin this journey simply without much jargon.

These notes have been created for the participants of the "The Energy Shift Workshop" as supporting material and in no way should be shared with the non-participants as this could infringe on the copyright rules. I hope you will maintain the sacred trust. Major effort goes into creating content that fits the purpose.

Peace, Love & Light,

Tanushree Nair

Founder: The Soul Alchemy

W: www.tanushreenair.com



SUMMARY OF THE PROGRAM

Energy is the currency of the universe



Just as we need to budget our time, money, and resources to achieve our objectives, we also need to manage our energy effectively to perform at our best.

Energy, time, money, and resources are all interconnected. For example, if we don't manage our time effectively, we may become overwhelmed and stressed, which can drain our energy. Similarly, if we don't manage our finances well, we may experience financial stress, which can also impact our emotional and mental energy.

Effective management of energy, time, money, and resources requires similar skills and strategies. These include setting priorities, establishing boundaries, practising self-discipline, and making conscious choices about how we allocate our resources.

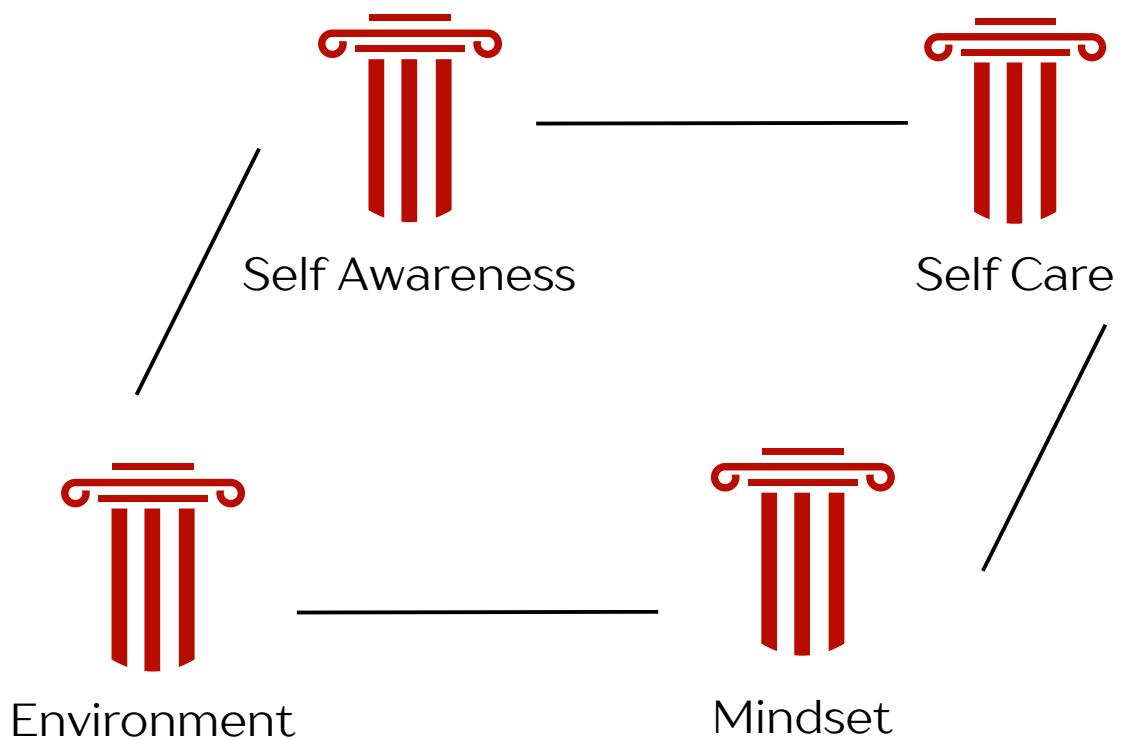
Overall, energy management is an essential component of personal and professional success, just like time, money, and resource management. By cultivating an energy mindset and making conscious choices about how we use our energy, we can perform at our best, achieve our goals, and live a fulfilling life.



THE ENERGY SHIFT



Pillars for Energy Mindset



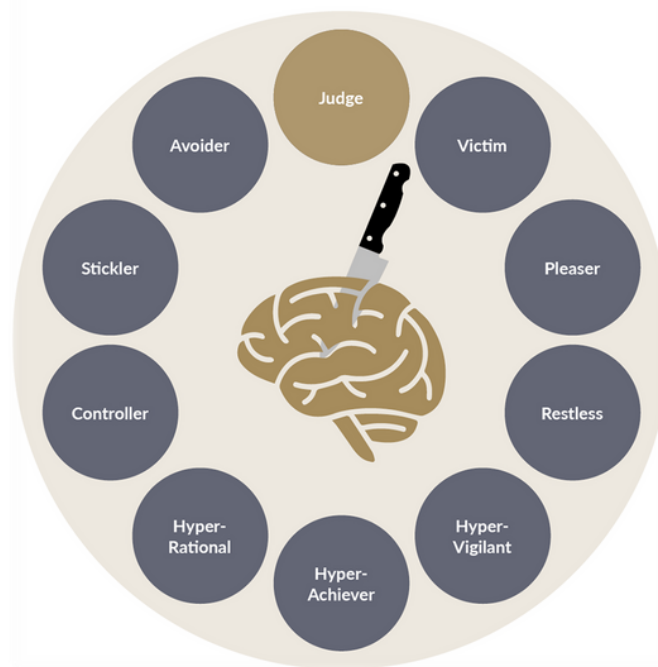


THE ENERGY SHIFT



Tackling Energy Drainers

10 Types of Internal Saboteurs



Energy drains are symptomatically seen on our physical being. But the sources can be anything from physical, mental to emotional which can impact our overall well-being.

- The first step is to identify the source of the energy drainers
- Check the Saboteurs list to identify the top 3 saboteur thoughts that you are engaging with strongly
- Write down the statements “which-you-feel-are-true”
- What are the feelings around these statements- positive/negative? Take a moment to observe in your body
- Write down the statements that “REFRAME” these statements. Read them aloud and observe you feel about them.



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What I believe now	Reframe
I am not good enough	
I am very busy	
I don't have experience	
I fear I will fail	
I don't think I am as good as others	
I don't have talent	
I can't do that becos...	
I fear success	

The reframed statements are positive, short statements that can be used as affirmations to reiterate



SUMMARY OF THE PROGRAM

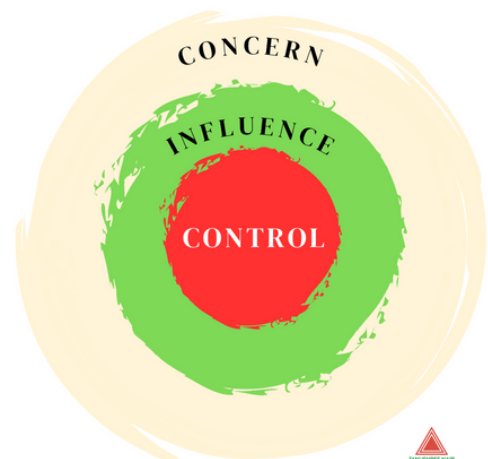
Use I.M.P.A.C.T

I – Identify

M – Mitigate

Proactively Address Critical Triggers

Work in your area of Control and use the above Reframed statements in form of affirmations to strengthen the neural pathway for positive actions



Understanding the delicate balance Masculine and Feminine Energies

Masculine Energies

Action
Strength
Survival
Security
Logic
Structure
Organization

Feminine Energies

Flowing
Creative
Empathy
Nurturing
Receptive
Knowing
Emotional

Allow the Rest–Work–Rest cycle to nurture and balance both the masculine & feminine energies. As per your context – decide the duration of this cycle to be longer or shorter.



TANUSHREE NAIR

ENERGY MINDSET COACH

ABOUT TANUSHREE NAIR



Tanushree is a former IT professional with a decade-long experience in corporate IT and a decade-long social entrepreneurship through a denim upcycling venture called “Karaashilp” from 2011 to 2021.

At the heart of her coaching practice is a profound mission: to empower leaders to unlock their innate potential by mastering the dynamic interplay of energy and mindset. She is committed to guiding you on an “Inside-Out” transformative journey that fosters self-discovery, cultivates resilience, and sparks lasting positive change.

With a background of 15+ years in energy work, mindfulness, Vipassana, social entrepreneurship and leadership development, she brings a unique blend of expertise to help you unlock your full potential.

She has worked with a diverse range of clients, from corporate leaders seeking to enhance their leadership presence to individuals on a path to personal growth and self-awareness. Her areas of expertise are in building Self-awareness, Leadership Presence, Energy Mastery, Wholistic Living & Peak performance.

As a participant of this program, you are chosen to avail a 30-minute NO-FEE 1-on-1 Energy Clarity Call with Tanushree. Choose your convenient time from her [CALENDAR](#) here.

CREDENTIALS

- Internationally Certified Enneagram Practitioner
- Certified NLP Practitioner Associate (ABNLP)
- Licensed Emotional Intelligence Coach Practitioner (IAPCCT),
- Happiness & Wellbeing Coach (IAPCCT)
- Associate Leadership & Executive Coach, Organizational Development Coach (CCE, approved by ICF)
- Host of the Video Podcast show - “Soul Crafting with Tanushree”
- 15+ years experience in studying different mindfulness techniques like Vipassana, sound healing and energy-healing modalities.

PROGRAMS

- Discover your WHY
- REBOOT:Feminine Energy Mastery Program [1-on-1 program]
- The Conscious Energy Leadership Program [individuals & group]
- 3-Day Personal Manifestation through Gratitude
- Creative Journaling Masterclass

OBJECTIVES

- Self-Awareness
- Personal Energy Mastery
- Personal Branding
- Conscious Energy Leadership
- Inside-Out transformation
- Soulful Living

BOOK

[BRING OUT THAT RED LIPSTICK](#)
[Amazon.in](#)

[MORE ABOUT TANUSHREE NAIR](#)



The Soul Alchemy is Incubated at NSRCEL,IIMB



HOW TO GET IN TOUCH

Email: team@tanushreenair.com
Website: www.tanushreenair.com
LinkedIn: [@tanushreenair](https://www.linkedin.com/company/tanushreenair)



THANK YOU!



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