



OpenDoors

OPEN DOORS

We facilitate the well being of busy people with ‘Families’

Open Doors is a facilitating outfit pioneered with an aim to reach out to families. We deliver programs customized to the needs of every member of the family.

We recognize the increasing challenge of balancing ‘*Work-Life*’ with ‘*Family-Life*’ in a climate of increasing demands on our time and the potential adverse impact on both. All of us constantly face situations in our families that close in on us and prevent us from achieving our potential at work.

We are dedicated to partnering with organizations and institutions by offering solutions that will ‘bridge’ the gap between ‘work’ and ‘family.’

www.opendoors.co.in

people are important...



Open Doors

Our Vision

To be a boutique facilitating outfit, offering holistic Training, Coaching and Counsel to families, thereby equipping every member of the family to become responsible to their individual calling and roles, to lead fulfilled lives, and hence become good influencers in the society.

Our Mission

We at Open doors aim to reach out to families

- By providing training programs, workshops, seminars, conferences, and weekend camps in various issues and topics concerning the entire family.
- By enriching marriages of young couples and the parenting skills of young parents who have a chance to start right and prevent disasters in their families.
- By equipping parents to handle delicate issues like sexual abuse and premarital sex, and thereby safeguard their children.
- By partnering with institutions in offering training, coaching and counseling support for their stakeholders as they battle issues that bombard them on a daily basis.
- By coaching adults on skills needed to balance their roles at their workplace and homes effectively.

Our Values

- **Persistence** in supporting clients
Persistence in offering support, counsel and encouragement through tough times
- Continous **Innovation** in content delivery
Develop creative techniques and tools for content delivery
- Respect our clients **trust**
Honouring clients' trust by maintaining high levels of confidentiality
- Instill **hope** to keep believing
Instill hope in hopeless situations; enable clients to believe that closed doors can open



Open Doors

Our Target Clientele

As we are a boutique facilitating outfit, we can offer customized solutions that cater to the needs of every member of the family; hence our clients would include

- Schools and Colleges
- The Private and Public sector
- The Police Force, the Armed Forces and the Civil Services.

Benefits for Organizations

Our various modules will help an employee to anticipate prospective roadblocks at home, so that he can be prepared to be a bridge builders, rather than a firefighter, when there is a crisis in the family. Hence he is able to focus on adding value to his organization as he does not carry anxieties from home to work. This will ensure that all his energies is channelized into his work and that productivity and excellence is a seen in all his deliverables. He is also likely to have a greater rapport with his superiors, colleagues and subordinates.

Our Solutions

➤ Marriage focused

- Marriage Enrichment Seminars
- Marriage Preparation seminars

➤ Parenting focused

- Vanilla Parenting seminars and Age appropriate parenting seminars
- Awareness seminars for parents on Child Sex Abuse

➤ Family focused

- Support groups and counseling support for all members of the family

➤ Youth focused

- Value-based programs for youth in schools, colleges, institutions and organisations
- Program on 'Gearing for the committment'

➤ Team building skills enhancement workshops



Open Doors

Our Solutions for Organisations

➤ **Marriage Enrichment Seminars**

These seminars will address various issues concerning the lives of a married couple like communication, companionship, conflict resolution, interaction with in-laws and so on.

➤ **Vanilla and Age-appropriate parenting seminars**

The first couple of sessions are without any customization attached to it. They address general parenting issues and the audience can be widespread and mixed. They are a vanilla program that will give a good idea of where you would want to head from thereon.

Parenting is a vast subject, considering the fact that the techniques to be used are varied, depending on the age of the child. For instance, the primary consideration in early parenting will be to instill self-control and form habits. While parenting of preteens, teenagers and young adults would need a different technique. For instance, giving required and timely information at the onset of puberty, communication skills and ways to display affection are dealt with in these modules.

➤ **Awareness seminars for parents on Child Sexual Abuse or Child Protection**

This module is an awareness program, which also gives guidelines for prevention of Child Sexual Abuse. It includes sessions to equip parents and children to detect sexual abuse and potential abusers early, and to take necessary preventive action.

➤ **Counseling support**

We offer experienced confidential counselling support to families and individuals facing trauma or crisis. Our counseling approach involves our clients sharing in a non-threatening and non-judgemental environment. We facilitate their journey in discovering themselves and their problems. Once this is achieved, we assist them in identifying solutions and taking remedial steps.

➤ **Value based programs**

Youth today face various issues like self-esteem and peer pressure which have a devastating effect on them and their future. Based on where they are in life, the pressures vary but are very much prevalent. We offer solutions which enable them to change their opinions of themselves, handle peer pressure, and maintain relationships; we provide them with practical solutions on 'facing the giants' in their lives. We also guide them in the importance and process of goal setting; and effective management of the transition from school to college to corporate.



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➤ Team building skills enhancement workshops

In today's professional environment, **managing teams** is the core responsibility of any manager. Today, **management teams** comprise of people with various skill sets and personalities. Hence, an increasing number of organizations are adopting **team building training** to increase the capabilities of their managers in the area of **team management**. This training also enables participants to work in teams and to perform at high levels and quickly adapt to escalating demands.

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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, Hinduja College and Thomas Baptista College. She has also worked as a one of the Directors for ACT, a Non-profit organisation for seven years, where she facilitated workshops for Teenagers on Value-based sexual health education in schools for several years.

She has facilitated awareness sessions on Child Sexual Abuse for the managerial staff at Asian Paints as well as DSP Meryll Lynch. She has also facilitated Parenting Programs for the Mumbai Police (Central Region) and Marriage Enrichment programs organised by Gundecha Educational Trust. She jointly facilitated a seminar for Nav Jivan Society, an NGO that works with Commercial Sex Workers, where the objective was to boost the self-esteem of the participants and encourage them to adopt an alternate lifestyle. She has also facilitated 'Train the Facilitator' workshops that are need based.

She has been in the field of coaching and counseling along side with her husband for a number of years and this has given her the 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. They offer solutions to bringing in a better work life balance, thereby increasing the productivity of her clients. She passionately desires to be an influencer to families in the society.



Steven Kanga is currently a member of the team at Open Doors where his role entails facilitating training programs and counseling sessions, content development and business development. He holds a 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). He has also been involved in facilitating sessions at schools on personality development and counseling underprivileged children.

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 needs. 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. Being a young adult himself, he desires to stand by youth in organisations, schools and colleges in these crucial years as they build a strong foundation for their careers and become responsible citizens of India.

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Our Team (continued)



Rashmi Braganza holds a Post Graduate Certificate in Education from the University of Hong Kong and a Master's degree in Education from the University of Mumbai. She has served as a faculty member abroad as well as the Principal of a few schools in India. Rashmi has been a Board member of the Ecole Mondiale World School and of the NGO Asha Handicrafts Association which works for the upliftment of the Artisans of India. She is presently an Educational Consultant involved in setting up new schools as well as working with existing schools on various projects. She also conducts a wide variety of workshops and seminars for parents, teachers, students and corporates that are need based.

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Our Clients

Gundecha Educational Trust



Wilson College



Bharathi Vidyapeeth Institute of Management & Information Technology



Flextronics Technologies (I) Pvt Ltd



V Ships India Pvt Ltd



St Willibrord International High School



Nazareth Convent High School



Thane Police



Indian Medical Association, Dahanu





Open Doors

Bharathi Vidyapeeth's Institute of
Management Studies and Research



Bombay YMCA





Open Doors

Testimonials

"I attended her sessions at the orientation workshop organised in my daughter's school, which included a session on Child Sexual Abuse. I found the entire handling of the subject done in an impactful manner without compromising on the sensibilities, that such a topic deserves. I also got the opportunity to see workshops being conducted in corporates on Child Sexual Abuse as well as parenting. The larger feedback emerging from all these programs was extremely positive and the participants did feel aware and empowered to make a difference."

Atul Sethi
Sr Vice President - Everstone

"It indeed was a wonderful seminar ! I am sure the awareness levels of participants has risen manifold on the subject of Child Sexual Abuse. So much so, that it has got participants thinking and talking about it. Thank you for your time and the thought provoking session. As much as the subject being gripping, yours & your team's articulation & the delivery of the program, was equally effective in driving the point home."

Kaviarasu R
Senior Manager – HR, Asian Paints India Ltd

"Thank you for a great workshop which helped us to motivate ourselves and aim higher. This workshop really was an eye opener towards my career and to work in a corporate. We would like to have interesting sessions like this in the future in our college as well"

Program Participant
Bharathi Vidyapeeth Institute of Management & Information Technology

"I know Mrs Shobha Sreekumaran well. The first time I attended her sessions was at the Gundecha Educational Academy where my children study. I liked the workshop so much, that I suggested it to the Addl. Commissioner of Mumbai Police, North Region. We had the same seminar arranged for the constables and officers, who benefited much from this seminar. Personally as a police personnel, I get very little quality time with my children. Hence for me, the learnings of how to communicate and spend quality time with my children, despite the time constraints, were very beneficial."

Tajumal Mullani
Assistant Inspector of Mumbai Police, North Region



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Testimonials (continued)

“We had organized Parenting Workshops for Mumbai Police officers and their families which was facilitated by Smt. Shobha Shreekumaran in the months of March, April and May 2010. These workshops created greater awareness about the issues faced by children, and parents in today’s competitive world. It also empowered the parents by giving them a better perspective of challenges on hand and useful methods to deal with specific problems. We are thankful to her for organizing these workshops for police families.”

Sadanand Date IPS
DIG Force One

“This was actually a very good workshop for me; because I have learnt a lot in this session regarding choosing the right path and setting right goals. I have also learnt to overcome my problems which I am facing and take decisions without any pressure. I personally like such seminars as we cannot get such knowledge through books. Such seminars should be held frequently.”

Program Participant
Bharathi Vidyapeeth Institute of Management & Information Technology

“I recall with gratitude the time you spent with the students of Nazareth Convent High School for several years. Your sessions were not only informative but life giving. You helped them become better human beings, aware of their body, mind and spirit. I would not call it just "Sex Education" but it was an orientation towards life, and also enabled them to be cautious about the dangers of HIV and AIDS. Your seminars with parents on Healthy Parenting, Child Sexual Abuse, etc. were highly appreciated by all the parents. Thanks for the contribution you made towards the school, and I continue to pray that your future efforts will be equally fruitful.”

Sister Ann Palatty
Former Principal, Nazareth Convent High School

“It was indeed a wonderful workshop which was very professionally conducted! I am sure the awareness levels of the participants on the importance of team synergy, time management and communication has risen. The workshop challenged the participants to think about issues & apply the techniques learnt to effectively enhance their performance. Open Doors has a wonderful team and we thank them for their time and for facilitating thought provoking sessions.”

Capt. Pankaj Nayak
Training Manager, V. Ships India Pvt. Ltd



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Testimonials (continued)

“Our heartfelt gratitude to Open Doors for giving all of us an amazing time of introspection, self-exploration and conversations. The whole seminar was activity based, with interesting problems which put our principles and ideals to task. They made us question ourselves and beliefs we hold most dearly to our hearts. The session helped most of us figure out our value systems, strengths and flaws, areas we need to focus on and most importantly, all that is good in each and every one of us. Rarely, people appreciate each other these days and acknowledge the uniqueness that each and every individual is. The feeling is overwhelming.

St. Andrew’s House wishes Open Doors all the best in all their future projects and may they touch many more lives and bring about healthy changes in today’s youth.”

Arnesh Ghose

General Secretary of St Andrew’s House(a Wilson College Hostel)

The session was enjoyable and really helped me out for setting up my goals. Also I was afraid to “say no” to others and to avoid bad influence. This session helped me with this as well. I am looking forward to more such sessions in the future. Thanks for your help

Program Participant

Bharathi Vidyapeeth’s Institute of Management Studies and Research



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Contact Us

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