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Unraveling Societal Scripts: A Reflective Workshop on Women's Journey and Empowerment



Sponsored by **Women of Hopkins NY!**

Join us for an insightful evening focused on exploring and understanding the formation of beliefs and values, and their impact in our personal and professional lives, especially as women. Our expert speaker and clinical mental health therapist, **Rachna Kejiwal** will guide participants to engage in introspective conversations with fellow attendees and cultivate deeper understanding of self.

Alums and friends will also have the opportunity to connect with each other before and after the workshop over some delicious bites and wines!

Disclaimer: *The perspectives and opinions expressed by the speaker(s) during this program are those of the speaker(s) and not, necessarily, those of Johns Hopkins University and the scheduling of any speaker at an alumni event or program does not constitute the University's endorsement of the speaker's perspectives and opinions.*

A portion of this registration fee will serve as a donation in support of future programming and events. If you wish to not have a portion of your registration support such initiatives, you may contact the Office of Annual Giving: oag@jhu.edu (mailto:oag@jhu.edu).

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All ticket sales are final - ticketed events are non-refundable.

**Tickets should not be sold or transferred without JHAA approval*

JHAA Event Cancellation and Refund Policy (<https://alumni.jhu.edu/refund>)

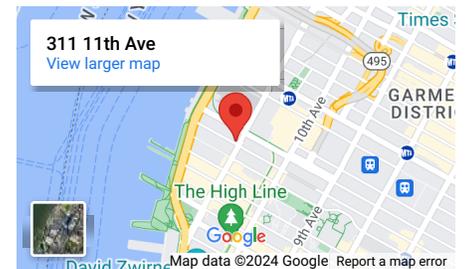
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📅 Event Date

Wednesday, May 8, 2024
Start Time: 6:00pm EDT
End Time: 8:00pm EDT

📍 Location

Sky Lounge
311 11th Ave
New York, NY 10001



📞 Contact

Office of Alumni Relations
Salina Rai
Identity and Shared Interest
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srai10@jhu.edu (mailto:srai10@jhu.edu?)
subject=Question about event - Unraveling Societal Scripts: A Reflective Workshop on Women's Journey and Empowerment)



ABOUT

Rachna Kejriwal

Eng '89

Rachna has worked as an entrepreneur for over 30 years. She initiated a cross border project helping raise \$20 million in private equity for the family business (valued at \$100 million). Building business processes, training back offices, interfacing personnel to focus on customer oriented solutions, she understood that each individual performs to the limitations of their own thought process and patterns of the mind.

Rachna changed career paths and became a Clinical Mental Health Therapist. She believes this to be her calling in life. Trained in Neurolinguistic Programming, Cognitive Behavioral Therapy, Rapid Transformational Therapy, Hypnotherapy, Psychotherapy, Parts Therapy, Yogic philosophy and practice, she works at the conscious and subconscious levels to help heal mental patterns at their root.

She writes for the mental health column in the Indian Express publication, online platform A Lotus in the Mud, affiliated with Ceekr - Yogimeter counseling, The Anayah Personality Profile counseling, and Tellatina. Having served on panel discussions on mental health, she also conducts workshops for multiple audiences - corporate, university and school, civic clubs, and curated gatherings to help foster deeper connection with oneself and others.

Rachna serves as a mentor to high school students in writing college admissions essays with a focus on truly getting to know and accept oneself. She also mentors college students, young professionals and entrepreneurs on business processes, and the workings of the mind.

Website (www.unleashtheinneru.com)

Contact Email (<mailto:unleashtheinneru@gmail.com>)

LinkedIn (<https://www.linkedin.com/in/rachna-k-331184257/>)

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