



VRUDDHI: A Journey Towards Personal Growth

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This book is a practical guide, for it will help each one embark on a journey of self-growth. Through engaging exercises, insightful conversations among the characters of the book, inspiring stories, practical tips, you will reflect on your current choices and plan for a vibrant future. This book will act as a journal and a handbook for early career entrants, college students, and all who wish to write their own life stories. Trainers and HR practitioners who empower others on the journey of self-discovery and growth will immensely benefit from the contents of this book.

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Part 1 Self-Trust Mindset

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About the Author

Dr. Shailaja Karve is a behavioral scientist with a PhD from IIM Mumbai. Shailaja brings 30 years of experience to training and consultancy apart from her enthusiastic involvement in academics.

Dr. Vidhya Thakkar is a self-motivated professional with 23 years in the education sector as a management and commerce teacher and also as a successful career counselor. As a teacher she has engaged her students effectively in subjects like Organizational Behavior, HRM and Leadership Development.

