



**Quality Circle  
Forum of India**

**HOSTED BY  
QUALITY CIRCLE FORUM OF  
INDIA - DELHI CHAPTER**



**Before you read further... just pause for a moment.**

**When was the last time you stepped away  
—not from work—  
but from the constant noise inside your  
own mind?**

**The deadlines, the decisions, the pressure  
to perform...**

**You manage it all. Every single day.**

**But somewhere along the way,  
clarity gets replaced by reaction,  
calm turns into fatigue,**

**This retreat is your space to reset.**

**Not through theory.**

**Not through lectures.**

**But through experience.**

**Over three carefully designed days, you  
will be guided to:**

- **Slow down and reconnect with your inner clarity**
- **Understand the hidden patterns that influence your decisions**
- **Learn simple ways to manage stress, emotions, and mental overload**
- **Experience deep meditative practices that bring real calm—not temporary distraction**
- **Explore the science of energy and awareness (chakra framework) in a practical, relatable way**



# *The Inner Shift*

*From pressure and reaction  
to clarity and control.*

*29th to 31st May  
2026*



# Why This Matters (Especially for You)

In the world of industry and quality,  
we focus on improving systems,  
processes, and outputs.

But the most powerful system you  
work with every day is...  
yourself.

When your inner state is clear:

- Decisions become sharper
- Communication becomes easier
- Leadership becomes natural
- Work feels lighter—even when it is demanding

## Who This Is For?

- Professionals who carry responsibility—and feel its weight
- Leaders who want to respond, not react
- Individuals who are doing well on the outside... but know they can feel better within

## Your 3-Day Journey

### FRIDAY (POST-LUNCH):

Arrive. Settle in. Begin to slow down.

### SATURDAY (FULL DAY):

Dive deeper—understand, reflect, and experience transformation.

### SUNDAY (HALF DAY):

Integrate, realign, and return—lighter, clearer, stronger.

### TRAVEL

- Comfortable group travel included
- Departure from Gurgaon
- Return to Gurgaon

### VENUE & COST

The Corbett Hideaways , JIM CORBETT

Rs. 29,500/- per person + GST

- 10% discount on more than 3 Participants from same Org.

### CONTACT DETAILS

Mr. Ashwani Singh Chauhan -  
9911394710

### REGISTRATION LINK

<https://forms.gle/ieVSYXhe7wWAFYbS9>

# *What You Will Take Back*

**Not just memories. Not just notes.**

**But:**

- **A calmer, more focused mind**
- **A deeper understanding of yourself**
- **Practical tools you can use every single day**
- **And a quiet confidence that comes from within**



*Thank You*

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## *Facilitator Profile*

**Dr Madhuri Parti is a seasoned facilitator, Life Coach, and NLP Trainer with over two decades of experience in training and human development. Having trained over 20,000 individuals—including teachers, principals, corporate professionals, and parents—Mads brings a deep understanding of both people and performance. With nearly three decades of association with the Quality Circle movement, the approach combines practical industry insight with emotional intelligence and self-awareness. As the founder of Mom2BabyCo, Mads has also worked closely with parents-to-be, guiding them in building strong EQ, IQ, SQ, and PQ foundations. The sessions are known for being simple, relatable, and deeply transformative, helping participants create meaningful shifts both at work and within themselves.**