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SHE SIGHT

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STORIES OF HER | FROM HER | BY HER

**Jessica
Mundroina**
Cover Personality

**IMPROVISE
ADAPT
OVERCOME**

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About Us

SheSight wishes to contribute to ensuring gender equality by bringing in the female narrative to the media. We wish to share stories of women known and unknown and provide inspiration and information. SheSight is a property of 4Tune Factory Foundation, a registered charitable trust running the Prayaana Labs as well as Prayaana Collective brand of women made products and services.

The heart of Prayaana goes out to every woman who has stories to tell. Stories about her, her life, her passions, her ambitions and her expectations. With a plethora of texts and articles on women, that describe their spirits and inspire every other person who goes through the stories of the women. The articles are typically by her, curated for her and talk all about her. Right from the editorials, to articles, short pieces, all the columns are articulated and constructed by women. The creative spree of women, prominently expresses through the various work. Our magazine is published monthly on the fourth day. We would love to have articles from more women who wish to share their ideas and stories. The magazine is a sure shot good read, which is to uplift your mood, confidence and enhance your personality.

We are also amazed at the immense acceptance it has received by all. We await your contribution and look forward to it. The magazine consists of diverse columns from various women.

***To share your ideas and get a subscription please mail at
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Jessica Mundroina — Improvise, Adapt, Overcome



You get a feeling of content, confidence and happiness when you spend time talking to Jessica Mundroina. You can feel the positive energy radiating off of her which instantly lifts the mood in the room. A force of energy that can make you feel comfortable with just a smile is how I would describe Jessica Mundroina.

She is a Cognitive Skills Trainer, Life Coach and Image Consultant. She is dynamic, multi-linguistic, articulate and affable. Her career journey spans 20+ years over 5 countries. Jessica leads and inspires her clients, in India and abroad, whether individual or corporate, to achieve their goals and dreams having acquired international certifications, including Train the Trainer, Internal Quality Assurance, and Image Management. She has worked in different industries like hospitality, retail, aviation, banking and the public sector and uses her learning and experience to relate with her clients.

Her favourite mantra 'Improvise, Adapt, Overcome' is as real and unique as her.

1. From a small town in Tamil Nadu to become a UK citizen, you have passed each phase of your life with strength, vigour and courage. You are an inspiration to many. Our readers would like to know what inspires you?

Though I belong to Tamil Nadu, I was born and brought up in Mumbai; I essentially do not attach a tag about the state, religion, caste etc. I am a human being and I belong to the world! Yes, it does help being a UK citizen and I am grateful for all the opportunities and many dreams that came true because I lived there but I also strongly believe that my being born in India was destined; and the times, situations and circumstances that I grew up in India, helped me in becoming stronger, bolder, courageous and take risks. These shaped me to become who I am today. I never questioned why and neither do I know when I faced a situation that others call a problem. If the universe throws a 'problem' at you, then there is a solution too. That is the law of nature. Nature is always balanced. And there is always a reason too if you think about it deeply. I would like to share a small story here – An old ironmonger in the village was asked how long he had been in business. To which he replied '50 years'. He was then asked how many hammers and anvil had been replaced during that time. He replied 'Oh, I have lost count of the number of hammers that had to be replaced but the anvil is still the same!' Stoicism – is the secret.

2. If you had to pick, what would be your most impactful or memorable experience that changed your life?

Discovering what I was made of, capable of and believing in myself – that I could come out of a family situation in the early '90s would be the one. There was a huge lesson to learn from that – knowing who were your true friends and family. The truism that 'when you laugh, the whole world laughs with you but; when you cry, you cry alone' was proved! The few years that I spent dealing, mentally and emotionally, with the ups and downs, the trials and tribulations, the bouquets and brickbats was worth it. I must mention my mother here, who was my pillar of strength during those days. Following my divorce, I left the country, bereft and without any financial support to start a new life, in the Middle East. The life-changing journey had begun!

3. Your career journey spans five incredible countries. How do you think that level of exposure helped you to be the person you are today?





Oh, immensely!!! Life's experiences teach you more than books. Don't get me wrong, I am an avid reader, but you enrich your life with what you see, feel and sometimes experience. Humility, gratitude and empathy are some of the qualities that come to mind. My travel across 40+ countries and meeting people from diverse cultures and backgrounds reinforce the myriad behaviour of the human species, from the bizarre to the ordinary. Sometimes you have to see it in the context of the situation, sometimes there is no explanation. For what it is worth, I feel blessed for that kind of exposure that has made me what I am today.

4. Having worked in various industries yourself, do you think it has helped you to connect and understand your clients better?

Undoubtedly. We all are born into different circumstances, have a different upbringing and hence have a different perspective of and on things, situations, choices and so on. How we deal with those makes or breaks our life. For example, most people only see the glamour and glitz of the aviation and hospitality industry; however, I can tell you it is a thankless job, can be stressful and very hard on your family relationships. Therefore, in my training and coaching sessions, I can empathise with them better, since I have been through these industries myself.

5. In an old interview with *The Indian Express*, I saw you talk about colour therapy. Could you please shed some more light on this as I am sure most of our readers would be curious about this concept?

Colour therapy has been in existence for a very long time; however, the word 'therapy', in the few decades gone by, was connoted to mean something that you never talked about. Actually, if you love colours, it is really interesting – each colour is associated with an emotion. In the Chakra system, each chakra corresponds to the colours – VIBGYOR which is associated with the organs of the human body. Colour therapy uses this same system to treat feelings of discomfort or uneasiness; because it is completely non-invasive and does not involve any medication. It may be referred to as an alternate therapy that is holistic. Like reflexology, aromatherapy, art therapy, music therapy; colour therapy will help you relax and find some calm in an otherwise chaotic life. Ask yourself why you think of the blue-green waters of the Maldives when you want to relax or the lush greenery of the mountains and forests when you seek solitude and quiet! I am not saying that we will send you or ask you to go to those places when you seek those moments – gosh, no. But you get the gist as to why those colours are associated with those emotions or feelings.





6. What fuels your passion to be a trainer and a coach?

I believe that I am here on this earth to share whatever I have learnt with whoever I can, whenever I can. I am still learning. Learning Infinitely For Eternity – LIFE. It gives me great satisfaction when I can interact, engage, impart, interest and impress upon my audience about whatever topic I choose to speak on, train or coach. I am a people's person and if I am allowed to share my learning, however small, from the immeasurable ocean called knowledge, with the people, I feel honoured and valued; and if I can inspire someone, the joy is doubled.

7. You are also a Chief Mentor in Prayaana. How would you describe your journey in Prayaana and how has this experience influenced your life?

In the initial days, I was involved much more than I am now. This is due to other personal and professional commitments. But the journey's of those initial days were full of thrills and spills, laughter and tears, tearing across the different districts of Kerala in cars and trains – oh what fun. It certainly was an eye-opener and it reminded me not to judge a book by its cover. I was also sad and sometimes disappointed to see that many women who had the potential to become whoever they wanted to be were shackled by self-doubts, impostor syndromes and being bothered about 'what-will-the-society-say' feelings. I am loath to think that in this day and age we are still not able to rise above all this and much more.

8. Life coach, therapy, mental health, skills trainer were all stigmatised by society. Do you think there has been a shift in how people perceive and understand the need for them now?

Life coaching and skills training are sought after now, as the current race in being ahead of the other person, whether in personal or professional life or being better than the other person is essential for your success or sanity! As far as therapy and mental health are concerned – maybe, but I doubt if the common man is still accepted by family, friends and relatives if he/she has accessed any of these as a support mechanism. It is all very well for stars and famous people to talk about having had mental health issues and accessed addictive therapy and so on, but putting it on paper or out in the media does not reveal the bigger problem. Is it affordable? Is it acceptable? Is it necessary? Is there inclusivity? I don't know!

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9. We often hear women facing issues on the professional front based on their gender. Have you had to face any such situation in your journey?

Personally, I did not face any such situation.

10. Lastly, what is the one piece of advice or knowledge you would like to share with our readers?

I live by the quote "I cried for shoes until I saw a man who had no feet." Carl Jung, the Swiss psychiatrist and psychoanalyst has another thought on shoes – "The shoe that fits one person pinches another; there is no universal recipe for living." Life is colourful, bountiful and beautiful. Each day you are blessed with plenty of opportunities to make your choices. Stay true to yourself and make those choices wisely with a sense of gratitude and graciousness. Live life, one step at a time, on your terms. But remember – do not overstep.

On behalf of the Shesight team, we extend our sincere thanks and gratitude for her time and effort. We wish her the very best on both personal as well as professional front.

Written By-



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Associate Editor

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Stay tuned till next edition