



Facilitation & Training Sheet

DR. SWETA

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 drswetachawla.com



DR. SWETA

Former Professor and Clinical Pharmacist turned Speaker, Leadership Coach and Facilitator guiding hard-working professionals to reinvent how they work and lead for more authenticity, balance and impact.

Sweta Chawla transforms organizations and guides highly driven professionals, creatives, and entrepreneurs in reinventing how they work and lead. With her Natural Leadership Framework, she empowers clients to build personal structures that leverage their innate brilliance, resulting in heightened passion, impact, and meaning—all without compromising authenticity and well-being.

Author of "I Still Haven't Found What I'm Looking For...Now What?" and contributor to the award-winning anthology "She's Got This: Essays on Standing Strong and Moving On," Dr. Sweta has published articles and essays in various journals and magazines. Her expertise has graced many stages and panels, including the White House.

Podcast Interview Topics

- Thrive as a Natural Leader
- Feminine Advantage in Leadership
- Career-Crossroads: Find Fulfillment in Your Next Role
- How to Communicate to Connect
- Reclaiming Self for True Belonging at Work

90-Minute Workshops

MOVE BEYOND IMPOSTER SYNDROME

LEAD AUTHENTICALLY & THRIVE AT WORK

- Define what imposter syndrome is and its widespread presence in professional spaces
- Identify imposter syndrome in self and others
- Discover 4 tips for overcoming chronic self-doubt

RECLAIMING SELF

THE PATHWAY TO DEEP INCLUSION AT WORK

- Learn how to take a holistic view of your life and work so that you experience greater presence and belonging. •
- Participate in an experience that will offer a deeper connection to your fuller self
- Clarify next steps to build a bridge from where you are to where you are being called

COMMUNICATE TO CONNECT

SPEAK WITH INTENTION AND LEAVE A LASTING IMPRESSION

- Foster a deep understanding of the relationship between genuine expression and connection
- Enhance participants' ability to articulate ideas in a compelling and memorable manner
- Equip participants with techniques to express themselves confidently

Can Be Adapted For:



- Executive Teams
- Departmental or Emerging Leader Training
- Team-building Experiences
- Presentation Skills or Pitch Preparation
- Employee Resource Groups (ERGs)
- Women's Leadership Intensives
- Employee Engagement & Wellbeing Initiatives



Half-Day Workshops

STEP INTO YOUR MOXIE: SPEAK UP AND INFLUENCE

Vocal Empowerment System

- Reframe diminishing self-talk so that it supports rather than undermines communication confidence
- Play nicely with feelings that come up when presenting ideas and navigating uncomfortable situations
- Minimize vocalized thinking and amplify speaking presence to increase credibility, likeability, and trust

SPEAKING UP: THE PATHWAY TO WELL-BEING

- Assess well-being in key areas related to wellness
- Explore how to engage in self-talk that heightens resilience
- Create boundaries to reduce stress and increase capacity for productivity and high performance
- Speak from a place of power (versus entitlement) when asking for support

DARING CONVERSATIONS FOR WORKPLACE SUCCESS

- Hold space for uncomfortable thoughts, feelings, and sensations that arise during daring conversations
- Create psychological safety for daring conversations to be successful
- Show up to daring conversations ready to speak up and listen
- Use role play as a tool to prepare for future daring conversations

Workshops are 3 hours or two 90 minute sessions. Full-day training available as well. Options to add on Group and 1-1 Coaching



Multiple-Day Team Building Through Creativity Program

SINGING TREE MURAL PROJECT

Team Building Murals

Through collaborative community artwork and connection exercises, Dr. Sweta facilitates shared creative experiences to lay the foundation for success, spark innovation and envision a positive future connected to what matters for your team/community.

What makes this **team building process unique is that connects and develop's people without needing to learn something new to apply. It's experiential and also enhances well-being.** In an epidemic of burnout, this is a great benefit. It's also a way for participants to express themselves, connect, share ideas and open up to creative solutions in real time. No artistic experience necessary.

TEAM BENIFITS

- Create a collaborative mural that expresses your shared values, creativity, and vision
- Increase efficiency and productivity through integration of the right and left brain
- Develop unique symbols and stories for use in marketing



Facilitation Testimonials

"Dr. Chawla came to Kaiser San Francisco to give a two-part Grand Rounds on Impostor Syndrome. **She made it super fun, engaging, interactive, and self-reflective!** She didn't try to cover too much as some speakers do. And the best part was that **she gave concrete strategies on how to counter chronic self-doubt**, and then asked people to commit to try something new. I am so grateful that she cared so much about tailoring it to what I needed, and she truly listened and delivered superbly."

DR. INGRID LIM, DIRECTOR, KP SAN FRANCISCO
ACADEMY OF MEDICAL EDUCATORS



"I LOVED Dr. Sweta's workshop...
The workshop really sparked some introspection
as I began to think about what is rewarded and
valued both in the workplace and at home.

MEGAN ILIBENO, CO-CHAIR - BLACK
PROFESSIONALS AT CHARLES SCHWAB

I struggle to communicate in certain areas of my life and work, but we no longer focus on the struggle, we focus on the practice—getting the thoughts (whatever they are) out of our heads and speaking them out loud to ourselves and to those who need to hear them. Dr. Sweta never fails to casually (though intentionally) drop powerful thoughts that speak right to the heart

CHRISTINE H.

To book Dr. Sweta for your next event, contact:

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