



The Institute of Chartered Accountants of India

(Set up by an Act of Parliament)



Women & Young Members Excellence Committee

Organises

यशस्विनी - An IDOL- Live Webinar



CA. Priti Paras Savla
Chairperson, WYMEC, ICAI



CA. Ravi Kumar Patwa
Vice Chairman, WYMEC, ICAI

CAPTIVATE POSITIVITY: REWIRE YOUR MIND

TECHNIQUES TO
TRANSFORM
THOUGHTS AND
EMBRACE
OPTIMISM

FRIDAY, SEPTEMBER 12, 2025

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On a scale of 1 to 10, how positive is your self-talk during peak period of deadlines or work stress?



ADAPTABILITY IN DIVERSE ROLES

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MOTIVATION



The Science of Positivity

Humans wired for Survival not happiness



Prefix added



5 Minute Rule



CA's in Practice



POSITIVITY IN PRACTICE



Tools to CAptivate Positivity

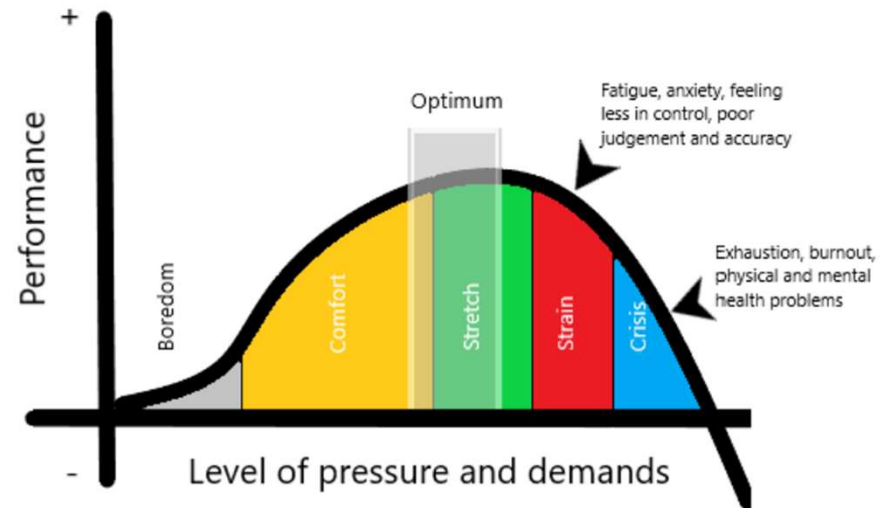
Stress Journaling

Connecting with Your Peers - The Power of Networking

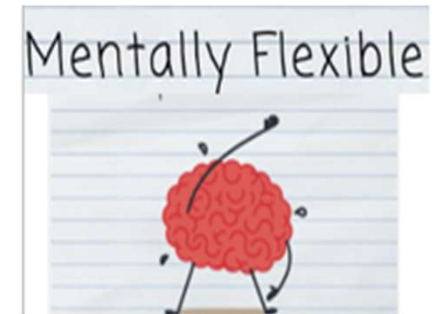


CA's in Industry

- Persistent hierarchies,
- Performance pressures,
- Shifting expectations



POSITIVITY IN INDUSTRY



WHO IS A LEADER



CHINESE BAMBOO TREE

WHAT LOOKS LIKE SUCCESS IS
OFTEN JUST PATIENCE.



HUMAN EMOTION - ENVY



CA's as Homemakers



OPPORTUNITIES FOR HOMEMAKERS



CAREER
2.0



THE LIGHTHOUSE



TOOLS TO CAPTIVATE POSITIVITY

Choose the correct lens

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BROKEN BRIDGE AND THE BUILDER

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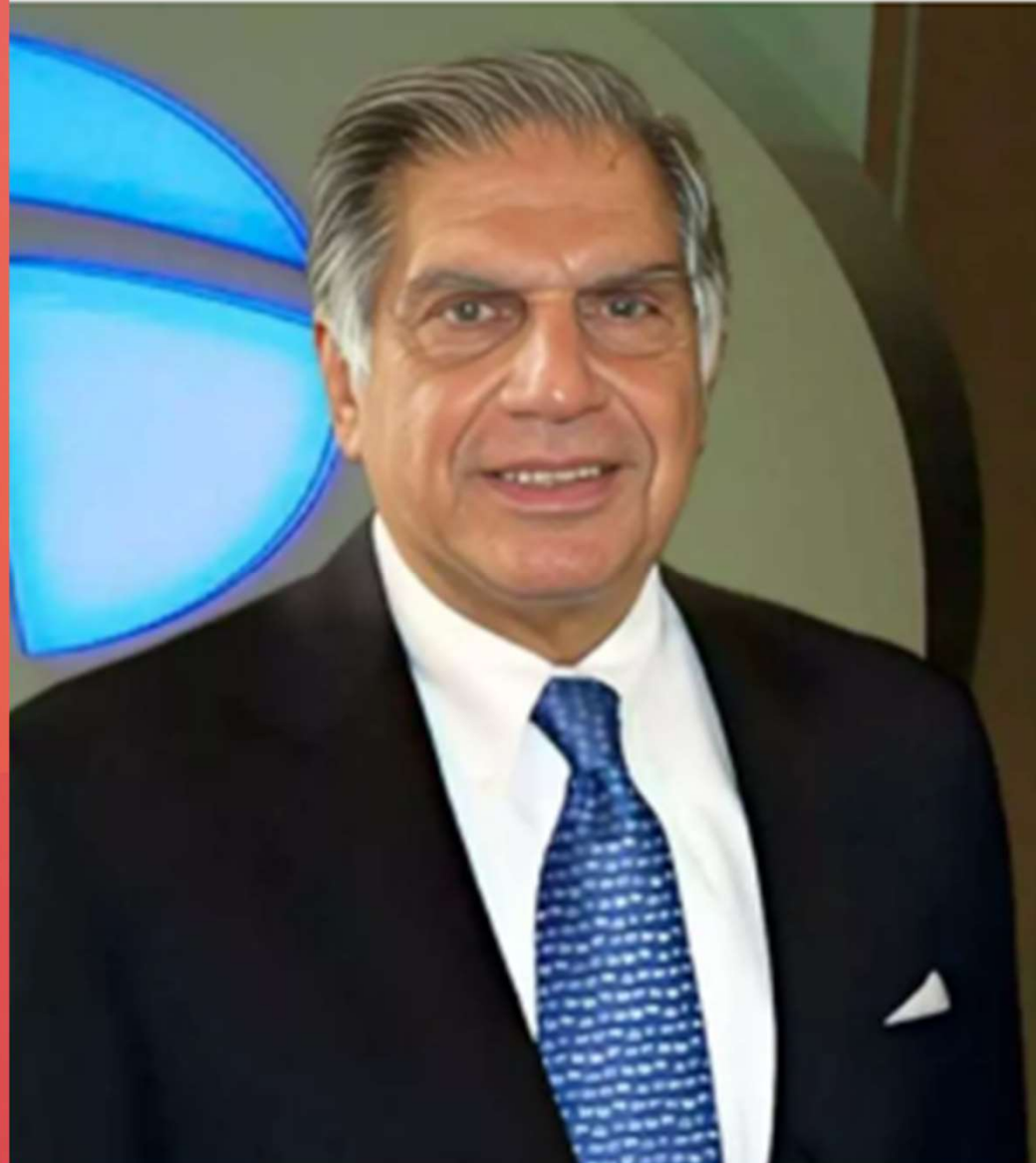
**POSITIVITY
BEYOND THE
WORKPLACE**

**WHAT'S
YOUR
LEGACY**



LEGACY THAT CREATED IMPACT

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**One positive habit you
will start tomorrow?**



MAGIC SPELLS TO CAPTIVATE POSITIVITY



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Daily Practices for Positivity

Audit Your Thoughts

Regularly evaluate and challenge negative beliefs to improve mental clarity and positivity.

Post Positivity

Share uplifting messages daily to inspire and encourage others around you.

Journal Joy

Document moments of happiness and gratitude to reinforce positive experiences regularly.

Write Off Worry

Release anxieties through expressive writing to clear the mind and reduce stress.

Capitalise on Kindness

Practice compassionate actions to build meaningful connections and positivity.