MADRAS MMA MANAGEMENT ASSOCIATION
ESTD. 1956

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GOLDEN EDGE series

TIMELESS PRINCIPLES *of* INSPIRED LEADERSHIP

Invitation

STEPPING OUT OF COMFORT ZONE

TALK BY
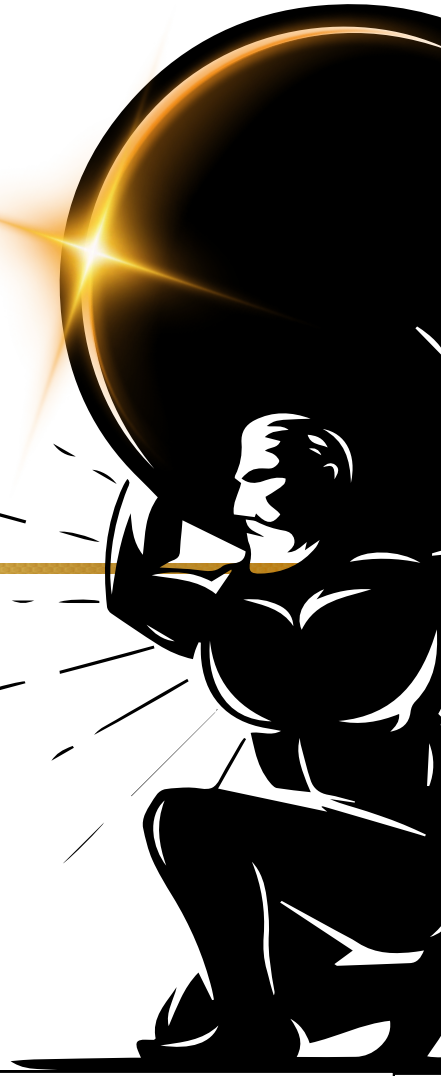
SHREEDEVI RAMESH
CONSULTANT TRAINER - CHAMPION WOMAN

Shreedevi Ramesh is a Consultant Trainer with Champion Woman, an entrepreneur, mentor and a motivational speaker. With three decades of industry experience, including 25 years in the IT sector with organisations such as Polaris, Infosys and PayPal, she led large teams and drove key strategic initiatives. Her corporate contributions span mentoring, Women in Technology initiatives, Toastmasters, Agile community work and service on a Sexual Harassment Investigation Committee. She contributes to external forums such as NASSCOM roundtables and plays a key role in shaping Shakthi cohorts, helping young women prepare for purposeful careers.

JAN 10 2026

SATURDAY
6:15 pm - 7:30 pm
TANISHQ
Old No.AA3, New, 10, 2nd Ave, Anna Nagar, Chennai

Route Map to the Venue - Click to view

Synopsis

Stepping out of the comfort zone means choosing growth over familiarity and courage over fear. While staying within what we know feels safe, it often limits our potential and prevents us from discovering new abilities. When we challenge ourselves—by trying new activities, learning unfamiliar skills, or facing our fears—we build confidence and resilience. Each small step outside our comfort zone helps us adapt to change and prepares us for real-life challenges, where situations are rarely predictable. It also encourages creativity, as new experiences expose us to different perspectives and ideas. Over time, what once felt uncomfortable becomes manageable, and our comfort zone expands. The session would not only dwell on the need, but also HOW to do it!!

Programme

6:00 PM	Tea/Coffee/Networking
6:15 PM	Welcome Address & Introduction of the Speaker
6.20 PM	Address by the Speaker

Ms Shreedevi Ramesh
Consultant Trainer – Champion Woman

7:05 PM	Q&A
7:20 PM	Vote of Thanks

For Registration, mail to **stephy@rvinds.com**
or contact **Ms Stephy on 97915 27507**

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