



Fit The Soul

We create Women Leaders

JOIN US IN OUR MISSION:
to equip and empower 1 million women by 2030

Be a part of this journey

We create women leaders with a focus on **wellness, leadership** and **motivation**. We uplift women across India by **increasing their social capital** and **creating a community of women** that **help each other grow stronger** and more independent every day!



We invite you to **partner with us** on your journey to:



Leadership



The Cent\$ible Woman



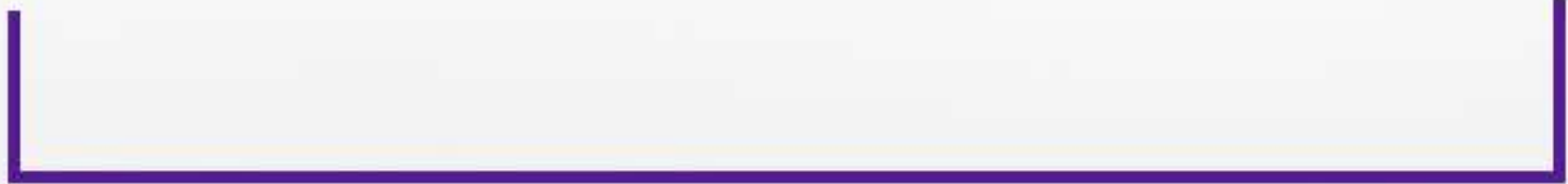
Wellness



Skillin' It



Culinary Soul



Live to Lead

We **enable you to jumpstart your career** & carve a **successful path** for yourself by curating customized partner programs



Corporates - across all levels of management



Colleges - pre-final year students to be leader ready when they enter the corporate world



Schools - high schoolers to prepare themselves for future leadership through sports & extracurriculars

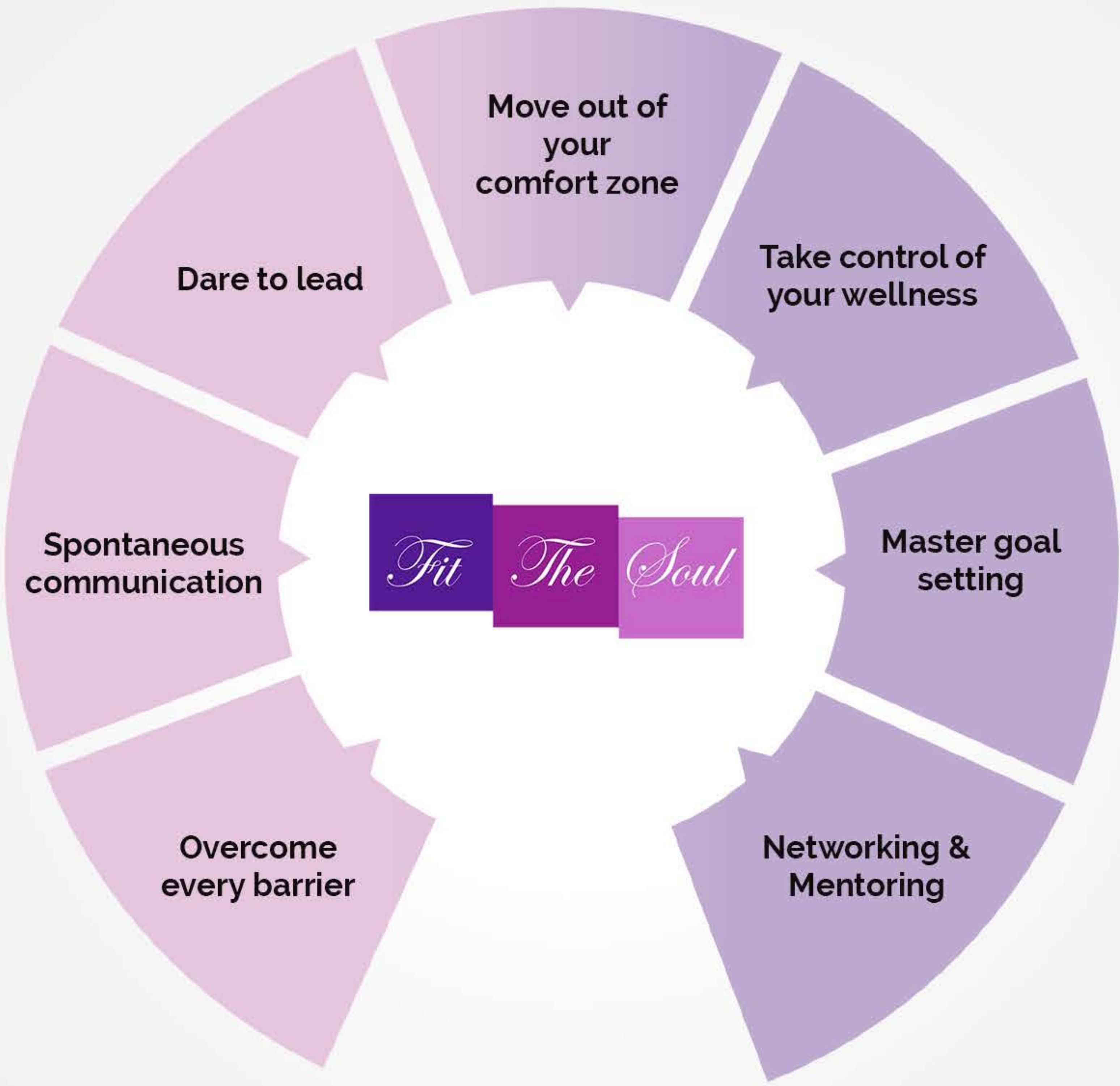
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SCHOOLS &
COLLEGES

CORPORATES
ACROSS
INDIA

INDIA,
UK &
UAE

Live to Lead

What our program does for you



Wellness

Unlock your full potential through wellness

Wellness is the Cornerstone to fitness, fulfillment
and empowerment

Who are you now and who would you like to be?

"Committing to a lifetime of wellness is not a luxury- it's a necessity. You'll never have enough time; you have to make the time,"

Oprah Winfrey



Fit

The

Soul

The Cent\$ible Woman

Join our
Know your money
series

Our Aim:
To liberate every woman
through
financial empowerment

Take control of your life
and finances
by making better
financial decisions
and avoiding
common pitfalls.

Fit

The

Soul

Driving Kannada
Landscaping Crochet Spanish
Cross stitch Italian Internet banking
Herb Garden Financial literacy
Ukulele **Skillin' It** Wall climbing
Trekking Knitting
Succulents Zoom
Palette knife painting Piano
Portrait painting Singing
Fabric painting

A **community-based** and **locally driven** initiative
to **reskill, reinvent & reignite together.**

Culinary Soul

Join us every **Sunday evening** to watch our **master chefs demystify exotic cuisine** for you.

Once a month, we host **The Culinary Adventure** with a **celebrity chef** at one of the **true culinary hotspots** in town or even other destinations around India - An ideal program for **food lovers**.

Indulge in **new exotic dishes** by learning new techniques. The recipe is also sent out post each zoom session.



A perfect fit for culinary enthusiasts!

SOME OF OUR PARTNERS:



Noteworthy Past Events

Learn to catapult yourself into leadership positions.

BREAK THE GLASS CEILING

A corporate woman's leadership program (mid to senior management)

BREAK THE MOULD

A 1-year leadership bootcamp equipping college students to be future women leaders

WINTENSIFY

A series of conferences & mentorship programs across multiple cities.

Featuring a panel of **distinguished speakers**
Learn from **leading experts** and **LEAD BOLDY**

Who are we?

Fit The Soul (FTS) focuses on catapulting women into senior leadership positions using strategic leadership training.

An architect turned wellness and leadership coach, **Jessy Jacob** changes lives through **wellness, fitness, leadership and general empowerment**.

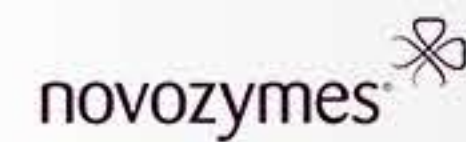
Along with her team, she is committed to creating **women leaders & helping them reach their full potential**. She has become the very epitome of a **Social Leader**.

Being a **wellness enthusiast**, her passion lies in trekking, fitness and culinary pursuits.



Work with us

OUR PARTNERS



In our endeavor to touch the lives of 1 million women

Join us in our journey

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