



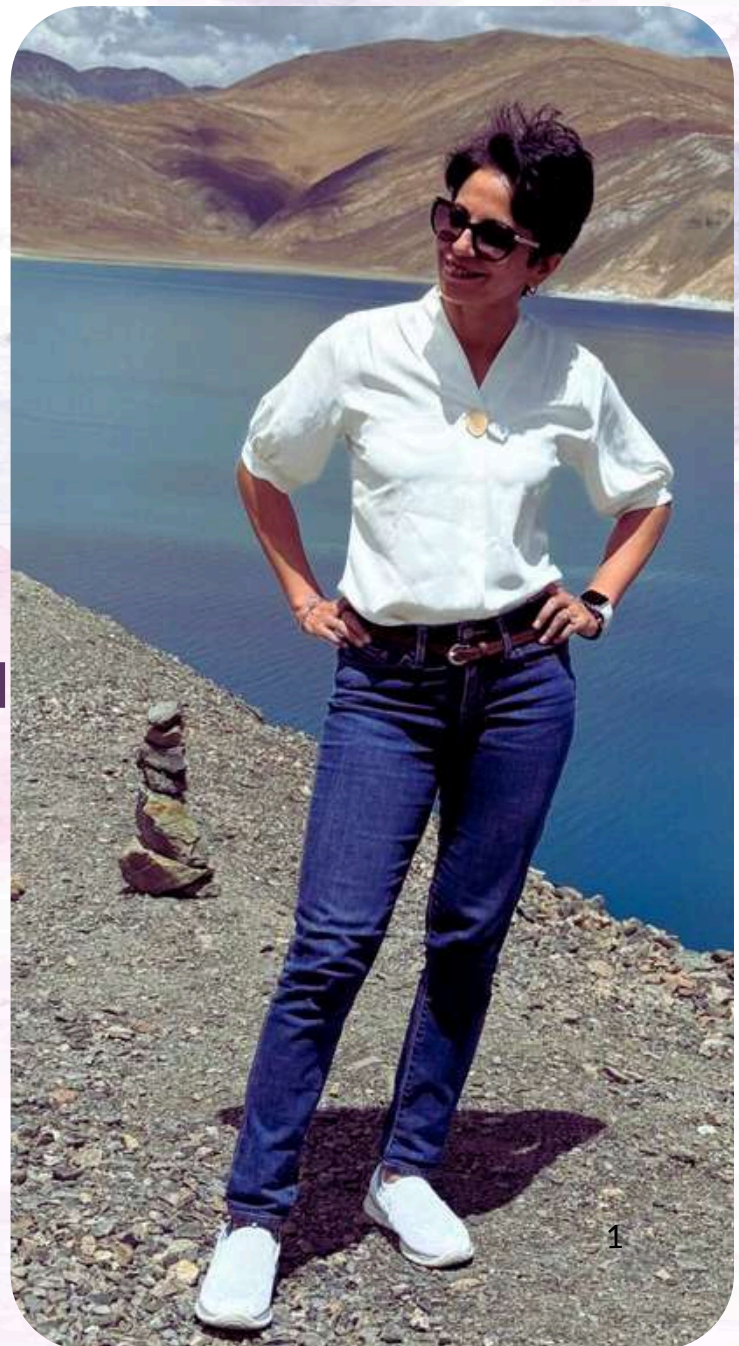
# Tribe stories

Firsthand Inspirations

In conversation  
with  
Dr Vandana

Founder & Chief Strategy Head  
AEHI

NLP Practitioners & Masters  
and Beyond Mastery



# 1 About Vandana

I am a smart intelligent hard working professional, a loving supporting wife, a great friend and a compassionate doctor. My vibe is mostly positive, occasionally nervous energy and sometimes adventurous fun. Learning and music feeds my soul



*If your life had a mascot or avatar, who*

**2**

*or what would it be?*

*How does it represent you?*



Kung fu Panda-  
To me he  
represents the  
fact that with  
inner strength one  
can overcome all  
barriers and be a  
real hero

3 What's your "life hack" for staying positive or overcoming challenges?



What doesn't kill you makes you stronger!

Describe *Magic of Change* in one word  
**4** and explain why you chose it.




Transformational. After speaking to Rafi, I sensed that it will be transformational for me. I wanted to be a better version of myself!

**5** *What's a lesson or perspective from Magical Rafi or the workshops that has stayed with you and why?*

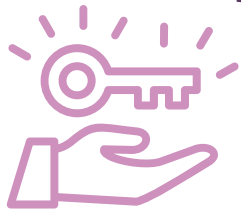
Many things have stayed with me- Most important is that for true transformation, many scientific and psychological tools are available such as anchoring, modeling, thought neural networks etc which can give you skill sets for lifetime to continue to evolve and become a better version of yourself.



# 6 Spark of Values ✨

**Possibility** - when  someone who doesn't give up and explore with all creative thinking something like Indian Juggad

**Adaptability**- be agile like a river which adapts to its landscape and finds its way



**Kindness**- Accepting people as they are and finding the best in them



**Flow**- allowing life and situations to show you the way and going with it to find the best outcomes



**Energy**- tides which have moments of high and moments of low but never zero on energy. More than anything energy defines a successful day

What would you say to someone yet to  
**7** experience the magic?

I will like them to know that this can be a life changing opportunity where you not just learn the tools to get rid of your negatives and feed your positives but also come out happier, stronger and full of possibilities. Besides it is a lot of fun and you make amazing friends and become part of a great community of like minded people. Have fun while getting transformed!





Thank you so much, Dr. Vandana. Your resilience, creativity, and dedication inspire everyone around you. Your helping nature, humility, and positivity leave a lasting impact, and we're truly grateful to have the privilege of working with you.