

Finding Your Purpose in the AI Era

Human clarity in a technology-driven world

(* An MQA Approved Course - up to 90% HRDC refund applicable)



05 FEBRUARY 2026



08:30AM - 16:30PM

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Royal Green, Moka



MUR 35,000 Corporate
MUR 20,000 Individual*

*Payment facilities available for Individuals

**5 Months Programme with Post
Workshop Sessions**

See details on the next page

Your Facilitators:

Farha Jhumka
Leena Boyjoo

Finding Your Purpose *in the AI Era*

Workshop Details

In a fast-moving, AI-driven world, it's easy to operate on autopilot; reacting to roles, routines, and expectations.

This interactive, human-centred workshop creates a deliberate pause to help you reconnect with what truly matters.

Using insights from New Code NLP and Meta Coaching, participants gain clarity on where they stand today, uncover the inner drivers behind their choices, and realign with purpose so they can navigate change with intention, not reactivity.

What you will learn

- Recognise unconscious patterns shaping work, relationships, and priorities
- Take an honest, judgement-free snapshot of where they stand today
- Reconnect with what they really want—beyond roles and expectations
- Understand how purpose emerges through awareness and intention
- Set a clear intention that allows direction and meaning to unfold naturally

Who is it for?

- For professionals and leaders who are succeeding externally but questioning direction internally in an AI-driven world
- Those who feel busy, responsible, and capable – and sense it's time to pause, reflect, and realign.
- Ideal for professionals, leaders, and individuals in transition who want clarity, direction, and a deeper connection to what truly matters, without pressure to have all the answers.

What Sets This Experience Apart

A 5-month journey: workshop, group integration, and individual deep-dives

A multi-phase learning experience



The workshop is designed as a process, allowing insights to deepen rather than fade once the day ends

Human-centred and experiential



New Code NLP & Meta Coaching—inspired approaches engage awareness beyond thinking and analysis

Guided Group Integration



1 shared group session to revisit insights, reflect on lived changes, and refine inner direction

Individual Deep-Dive Sessions



3 Individual sessions support deeper integration, clarity, and alignment at the individual level

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Meet Your Facilitators

My name is **Farha Jhumka**, I'm a Transformation Architect and International Certified New Code NLP Coach. I work at the intersection of people, AI, and real-world execution, where human experience meets intelligent systems—helping individuals and organisations engage with change consciously rather than reactively. My facilitation focuses on helping people slow down, step out of autopilot, and develop awareness of the inner patterns shaping their choices, priorities, and direction.

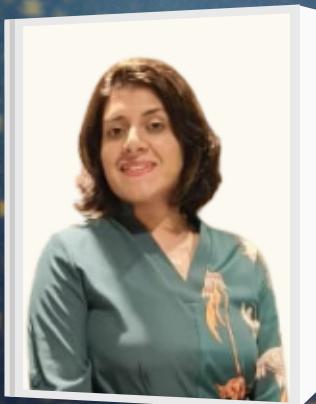
Drawing on New Code NLP and more than 21 years of experience, I support individuals in:

- Restoring agency in environments shaped by constant digital pressure
- Helping people reconnect with meaning, values, and inner direction
- Supporting leaders and teams to navigate AI-driven change without losing themselves
- Creating the inner conditions where purpose and direction can emerge naturally

In this programme, my role is to hold a grounded, supportive space where participants can listen to themselves more clearly and realign with what feels meaningful and true in a world shaped by rapid change.



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on LinkedIn



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My Name is **Leena Boyjoo** and I am a Human Resources professional and Associate Certified Meta Coach with over 16 years of experience supporting individuals and organisations through change, growth, and transition. I work with professionals, leaders, and individuals in transition who are navigating shifts in their work, identity, or sense of direction.

My work centres on helping people:

- reconnect with their values and inner drivers,
- develop clarity and self-awareness during periods of change
- move forward with greater alignment, confidence, and intention

Drawing on Meta Coaching and my experience across multiple sectors, I

create supportive, judgement-free spaces where insight can surface naturally—without pressure to fix, perform, or decide too quickly. My approach blends structure with reflection, allowing participants to slow down, observe their patterns, and reconnect with what truly matters.

Rather than offering answers, I support individuals in developing awareness and trust in their own inner compass, particularly during times of uncertainty or transition.

In this programme, my role is to facilitate a reflective and experiential learning journey, guiding participants through structured conversations, exercises, and moments of pause that support clarity, alignment, and purposeful action.