

PINKY LILANI

redefines the traditional model of a “PLACE OF KINDNESS” ...

Ask someone the traditional view of a “place of kindness” and they will no doubt suggest a holy place – a church, a mosque, a temple – in which a desperate soul can find refuge and safety from the troubles that surround them and once they find refuge in a church, by tradition, will keep them safe for as long as need be. It’s a loose image but it will do, to illustrate several points, with regard to a view of a place of kindness.

Firstly, the word has connotations of generosity, safety, friendliness, compassion and consideration. Secondly, the person seeking a place of kindness, is protected from the wiles of their persecutors but only for the time, they remain within the confines of the designated building or space... the moment they leave the holy place, they are fair game. Thirdly, they arrive in one state and leave in that same state or condition. Nothing has changed for the person, other than that they have found respite, for a certain length of time.

Pinky Lilani redefines this traditional model of a place of kindness, by campaigning for it to not only be for those, on the edge of desperation – but embedded into the fabric of modern-day life. Pinky is radically challenging global leadership around the world, to encourage leaders to use the “power of kindness”, to make a massive impact on business and to empower change.

“WE WANT KINDNESS TO BE SEEN AS A STRENGTH IN LEADERSHIP, AS A QUALITY AND A CURRENCY THAT EMPOWERS CHANGE...”.

Many people find themselves unable, for one reason or another, to cope with the vicissitudes and vagaries of modern life. They may perceive themselves as persecuted by modern life... they may feel rejected by modern life. They are as every bit alone, as the person of old, looking for a place of kindness. They are in need of appreciation, recognition and acknowledgment, in need of a space wherein they can find encouragement and support and to feel valued and heard – and this is where global leaders have a chance, to make kindness the beating heart of their business and mission. Pinky says, “We want kindness to be seen as a strength in leadership, as a quality and a currency that empowers change”.



The encounter with this redefinition of a place of kindness, is no solitary or passive experience. The person who first arrives in the workplace, invariably is not the person who finds themselves established, within an environment of support; they are offered a chance of “transformation” and many become transformed. Not changed but transformed. Change implies taking something and making it into something else. Transformation takes what is given and allows it to bloom, flourish and reach its potential.

Why do they become a vastly different person – because – the invisible ingredient is the confidence, dignity and self-worth, that can only be found through being treated as a human being, valued devoid of any label; valued for who one is and has the potential to become, rather than for who one ought to be, as measured against the sterile and conditioned responses of received wisdom.

Needless to say, there are no qualifications for entering into this place of kindness; all person, regardless of race, disability, gender, faith or no faith are accepted... just as they are.



A corollary of this approach, is the example set to a world of increasing secularism and individualism, to a world where traditional religious and philosophical values are increasingly questioned – but without anything being offered in their place. The practical example set by Pinky’s Kindness & Leadership 50 Leading Lights – that seeks to shine a great big spotlight, on leaders who are impacting others through kindness – attempts by its very practice to reverse growing secular, isolationist and individual tendencies, thus re-establishing a sense of practical community. By doing this, it acts as a rebalancing agent, in a diverse and disparate community, ever at odds with itself because of its lack of care for itself.

To sum up, I’m reminded of the tale, where the local establishment kept on preaching, that people had to put goodness back in their lives. A wise woman on hearing this tale retorted, goodness is already there... all we have to do is recognise it. Pinky recognises the goodness, kindness and potential in others and attempts to assist them, to continue to make a ripple effect of kindness, the world over.

Who is Pinky Lilani & what's in her handbag...

Three months ago, Pinky almost died. Shockingly found on her driveway, unconscious, with a considerable amount of blood lost, from the impact of her head on the ground. "I was in hospital for 6 weeks and I received so many gifts. I felt like I didn't deserve them". I explained to Pinky, that was their way of showing "their love".

Pinky is loved and admired the world over. A petite lady, humble and has a Mother Gaia type energy – yet is an absolute powerhouse, when it comes to helping empower women and campaign for change, in how world leaders operate. Pinky has received an OBE and CBE, to recognise her outstanding contributions.

Pinky was named as one of the "50 most influential and powerful Muslim women in Britain", in the 2009's, "Muslim Women Power List" – and by BBC Radio 4's Woman's Hour, as one of the "top 100 most powerful women in the UK" in 2013. You'll find Vogue, asking their most powerful women, to empty their handbag because of course, that's what we all want to really know, what's inside... Pinky makes a point, of every day, carrying five chocolates which she gives to strangers. "It's my way of spreading kindness, it's a little gesture but in today's world, we need to interact, to share, to smile with one another and care".

LETS REWIND...

Pinky was born on 25th March 1954, Calcutta, India. "My grandfather was a highly regarded man, the Sherriff of Calcutta. I remember seeing a photograph of him with the Queen. My mum always taught me and my two siblings, to treat others well so the act of kindness, has been ingrained, from the offset".

After graduating from the University of Calcutta, Pinky moved to the UK and shortly after, welcomed with her husband, their first son, Imraan and second son Rishad soon thereafter. "It wasn't a culture shock for me, as I was educated in an Irish Catholic School, Loreto House".

Pinky explained that due to coming from a household with many helpers, she didn't learn to cook, until she came to the UK, describing her culinary skills as unremarkable but her entrepreneurial skills as exceptional.

All good ideas, happen at the kitchen table...

Sitting at the kitchen table one day, Pinky had a thought about creating an award ceremony, to celebrate the achievements of Asian women. "It was just a thought that came into my head and I just wondered in that moment, if it could work".

In 1999, the Asian Women of Achievement Awards was born, providing a platform to celebrate those making a real difference. Cheri Blair came to the very first ceremony, wearing a sari.

In 2006, Pinky launched Women of the Future Awards, with a similar objective but for the younger generation.

Pinky firmly stands by her belief, that people from all backgrounds, cultures and different generations, have something that they can learn from one another and offer.

On judging the Asian Women of Achievement Awards, Pinky recognised the exceptional work of Dr Pavani Cherukupally. "She's part of a team at Imperial College London, that invented a sponge that soaks oil, toxins, bacteria and pollutants from water. In 2007, at Women of the Future Awards, one of the winners was Liv Garfield – in 2014, she became the youngest female CEO of a FTSE 100 company, Severn Trent – so I've connected the two of them".

Pinky says, "we're building a community of leaders and the DNA of that community is kindness. Integrity, humility, compassion and kindness are undervalued however, these are the most important ingredients, in terms of a flourishing and healthy community of leaders, where businesses will retain staff and prosper. Somebody once told me that when leaders are kind, they go from being successful to "significant" and that being significant is their legacy".

In 2018, Kindness & Leadership, published the first of its annual "50 Leading Lights" list in the Financial Times, featuring such leaders as Unilever CEO Alan Jope and Liverpool Manager Jürgen Klopp.

THE UNREMARKABLE CHEF

Among changing the narrative across the world, of what women are capable of, Pinky of course, didn't throw in the towel, at her unremarkable culinary skills. She became a very successful self-taught chef, with published cookery books, her first in 2001. Subsequently, Pinky became the Indian food advisor, to major supermarkets.



The hidden disability

All of Pinky's awards promote inclusion and diversity, however, one such section of society, that Pinky wishes to raise more awareness of, are those that live with unseen disabilities, a group, often overlooked in company initiatives. This is a topic close to Pinky's heart, as she suffers with a hearing loss condition. When she first noticed that her hearing had considerably decreased, it was extremely frightening and it of course took some adjusting to, as back then, hearing aids weren't as advanced. Pinky says that we need to change the narrative around disability, not making it something where people are afraid to speak up about it – because they feel too vulnerable and inferior.

USP

You'll find Pinky addressing audiences for the Foreign Office and world Banks, about leadership, with a wok in her hand... Yes, that's right!

"You may say where's the connection between cooking and leadership... but you need fresh ingredients, passion, sometimes you need to turn up the heat... I love it because nobody else does it – and hopefully, people remember that".

Pinky has also addressed a TEDX Marrakech audience, about cooking and kindness.

PINKY'S LATEST ENDEAVOUR

At 68, as a true Aries, Pinky shows no signs of taking a gentler pace. She has now launched a Women of the Future project, celebrating 50 women leaders, under the age of 35, raising the bar, in one of the most crucial areas of modern business – ESG, relating to sustainability and promoting leaders in environmental, social and governance. Lord Darroch, formerly the British Ambassador to the US, is one of the judges. Headline sponsors include Burberry and PwC.

LIFE JOURNEY

One of the most precious gifts, along Pinky's incredible life journey, has been welcoming her two children and two grandchildren.

With regard to the numerous award ceremonies, Pinky has given birth to, she says that the highlight has been simply meeting wonderful people, who are kind and supportive. For example, Jimmy Choo has attended one of the ceremonies, on many occasions, stating that he wishes to support such an important initiative. Then there are people in royal and political circles, who have stood by Pinky, in every one of her enterprises.

FINAL WORDS

In our phone conversation, I shared a quote, that I had recently written in an Instagram post, "If at the end of your journey, your life journey, all you can say that you have achieved, is a life that has been lived by kindness and compassion, then you have lived one of the best lives of all time". ~ Paola Merrill

In that moment, Pinky and I knew, we were firmly on the same page.



NIROSHINI LUXURY
TRANSFORMATIVE
RETREAT, 22ND – 25TH MAY
2023, AT BUTLEY PRIORY

Special Guest Speaker & Food
Demonstrator, Pinky Lilani...

Pinky will be speaking about her incredible work, at our upcoming all-women spring retreat. She will also be providing a cooking demonstration, of her famous “Masala Wala Aloo” – spicy Bombay potatoes – that's featured in one of her cookery books. Guests will be able to sample her delicious dish.

PINKY LILANI



NIROSHINI LUXURY TRANSFORMATIVE RETREAT

SPECIAL GUEST SPEAKER & FOOD DEMONSTRATOR



BUTLEY PRIORY



22 - 25 MAY 2023

Niroshini Luxury Transformative Retreat...

22nd – 25th May 2023 , Butley Priory

In luxurious surroundings, in the heart of Suffolk, our all-women retreats, focus on enabling personal empowerment and balanced well-being. With tailor-made treatments and time for each small group of 5 women to bond, a Niroshini Transformative Retreat, offers the chance to develop that deep core within each of us; that intuitive and “knowing” place. ~ A safe and nurturing environment, to encourage the sharing of knowledge and personal development.

Niroshini Retreats, offer holistic treatments so you'll discover glorious ways, to indulge yourself on all levels, with your body, mind and spirit reaping the benefits. The most natural products are used.

As well as Melissa offering the treatments, she has a dedicated team joining each Retreat, to look after you well during your stay. You'll experience excellent care in a luxurious environment, with kind service and hospitality, that is warm and professional.

You will experience cooking from Niroshini's own private chef and a menu based on Ayurvedic knowledge (an Indian wellness system dating back 5,000 years). There will be other delights and treats offered during your stay too...



Highlights

- In-house Celebrity & Royal Household Chef – Tytania Rose
- Special Guest Speaker & Food Demonstrator – Pinky Lilani OBE & CBE
- Divine Feminine Sound Frequency Performer – Ingrid Fraser
- Singing Performance and Vocal Coaching – Tee Green

- Three night luxury accommodation

Retreat Leader, Melissa Day will provide:

- One Niroshini Cosmetic Acupuncture Ritual (non-surgical facelift)
- One crystal healing session, combined with a crystal sound bath
- Two energy based exercise classes
- Three group healing sessions (which include Reiki drumming, chakra balancing and facial acupuncture)
- Meridian Reset

CONTACT US

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Zoom Talking Therapy



About Us

We mix and match different modalities, into a therapy "talking style setting" for, one-to-one sessions, couples and groups (families/friends/work colleagues). The structure of the session, is based upon Inner Child Therapy.

Contact Us

Website

www.niroshini-acupuncture.com

Email

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Instagram

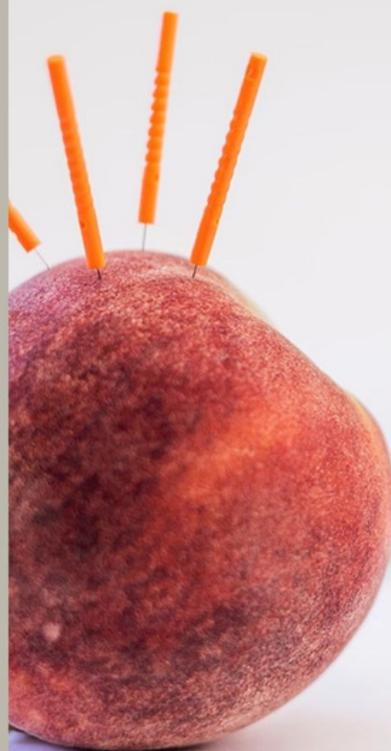
[niroshini360](https://www.instagram.com/niroshini360)



NIROSHINI

COSMETIC ACUPUNCTURE

The ultimate non-surgical facelift



OUR SERVICE

A luxury treatment, for those seeking a non-surgical facelift and an answer to fine lines, wrinkles, sagging skin and a wide range of skin blemishes and conditions. Thirty + needles may be inserted into the face, to help stimulate collagen and improve muscle tone. The Niroshini Cosmetic Acupuncture Ritual, also includes Facial Acupuncture, facial acupressure, Western and Oriental facial massage and Metamorphic Technique.

About the inclusion of Facial Acupuncture

This form of acupuncture, aims to boost your health and the benefits can aid specific ailments, stress or general well-being. There are acupuncture points in the face, that correspond to all the major meridians, energy pathways and organs of the body. Fine needles are inserted into the face around the brows, the nose, the chin, the mouth; wherever is needed. Melissa uses her experience as a Reiki Practitioner and Acupuncturist, to guide the placing of the needles. Every combination of needles is different, from person to person and from one treatment to the next.

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