

Type of activity	Description	Context
Groups/Seminars:		
Qualities of The Mother: Receptivity, Progress, Courage	90 minute Experiential workshop	Conscious Leadership Summit, Rishikesh, 2015
My Inner Space, My Space in the World	2 hour experiential workshop	WIN International, Rome, 2012 Association of Trainers, Mumbai 2015
Qualities of Inner Development	Lecture, experiential exercises, psycho-spiritual	Private, monthly meetings, 1 year
Self-Knowledge	Lecture, experiential exercises, psycho-spiritual	Private, monthly, 1 year
Parables	Discussion, experiential exercises, guided meditations on psycho-spiritual themes	Private, monthly, 3 years
Emotions: Human and Divine	Discussion, experiential exercises, guided meditations, emotional intelligence, psycho-spiritual approach	Private, monthly, 1 year
Evolving in Consciousness	Theory and application of Sri Aurobindo's Integral Psychology, introspection, meditation, discussion	Private, two to three day seminar followed by monthly groups for one year. Offered 3 times (3 separate years)
Relaxation, Regeneration for Body, Mind and Soul	Experiential groups on various psycho-spiritual topics	Private, monthly for 1 year
Nourishing our Relationships, Nourishing Ourselves	Experiential group with psycho-spiritual approach	One-off, 4 hour meeting, Paris
Visioning the New Year	Experiential, psycho-spiritual focused group	<ul style="list-style-type: none"> • Lumiere Business Solutions • Private

Living with a Peaceful Mind	Slideshare mini-seminar	http://slidesha.re/1bIWkfl
Public lectures:		
Applied Integral Psychology	Lecture and discussion	At Ken Wilber meetup, Paris
Integral Leadership	Lecture	European SPES Forum, Belgium
The Inner Path	Explanation of the theory of inner development and spiritual evolution	International Congress for the New Evangelization, Paris
Applied Integral Psychology	Lecture	Antioch University, McGregor
Integral Psychology East and West	Lecture	International Seminar on Integral Yoga Psychology, Pondicherry
New Movements in Psychology	Lecture	American University of Paris
Birth	Inspirational talk on the metaphor of Birth	Forum-104, Paris
Spiritual Psychologies	Lecture aimed at encouraging church hierarchy to understand and open up to new ideas and emerging trends	Chaplaincy of Paris, Diocese, Service of Hospital Chaplains
The Physical, Emotional and Spiritual Functions of the Breath	Lecture with exercises	Paris-Soirées, Paris
Applied Integral Psychology	Sri Aurobindo inspired vision for psychology, in practice	Jayaprakash Institute of Social Change, Calcutta In collaboration with Dr. Soumitra Basu
Integral Perspectives Methodology (IPM™)	Theory and case study of methodology developed for J & J project.	<ul style="list-style-type: none"> • Lumiere Business Solutions, Mumbai • Pegasus Institute for Leadership, Bangalore • American University of Paris
Spirituality and Business	Book launch, lecture	World Congress of Psychology and Spirituality, Delhi
Spirituality & Business: Exploring Possibilities for a New Management	Book launch, lecture	<ul style="list-style-type: none"> • EUROTAS convention, Milan • Institute of Technology & Management, Mumbai • Mumbai Presidency Golf Club

Paradigm		<ul style="list-style-type: none"> American University of Paris PowerNetworking, Paris
Integral Business	Lecture	Universite Integrale, Club of Budapest, Paris
Radio:		
Soul @ Work	Radio interview	Zoom'D Leadership, Radio Voice America
The Many Faces of India	Radio interview	Radio d'Enghien, France
Spirituality and Business	Teleconference	SIETAR
Spirituality and Psychology	Radio interview	Living on Purpose with Jesse Herriot, Unity Online Radio
Seminars:		
Stress-management		Nursing school, UK
My Inner Space, My Space in the World	Seminar	WIN Conference, Rome
Evolving in Consciousness	Seminar	3 days, 3 years, Forum-104, Paris, in collaboration with Dr. Soumitra Basu
Self-Awareness & Communication	Interactive and experiential seminar	Lumiere Business Solutions
Online:		
Integral Perspectives	Short video	https://www.youtube.com/watch?v=RtYAlmeSvQI
Psychology & Spirituality	Short video	https://www.youtube.com/watch?v=fzBiVfyaV84
A Therapy Session with Margot Borden	Short video	https://www.youtube.com/watch?v=fUjsRp79KB4
Spirituality and Business	Short video	https://www.youtube.com/watch?v=28Yw40w07cw
Integral Psychology webinar	Video	https://www.youtube.com/watch?v=VZxfpywnje8
New Year's Checkup	Slideshare mini-webinar	Slideshare (http://slidesha.re/1kCsZ9Y)
Living with a Peaceful Mind	Slideshare mini-seminar	http://slidesha.re/1bIWkfl
Healthy Lifestyle	Slideshare mini-webinar	http://www.slideshare.net/MargotBorden/healthy-lifestyle-lessons-from-mahatma-gandhi
Take a Leap of Faith	Slideshare mini-webinar	Not yet published