

Parent Orientation

A Premium 1-Year Journey - 2026

Learning to Learn

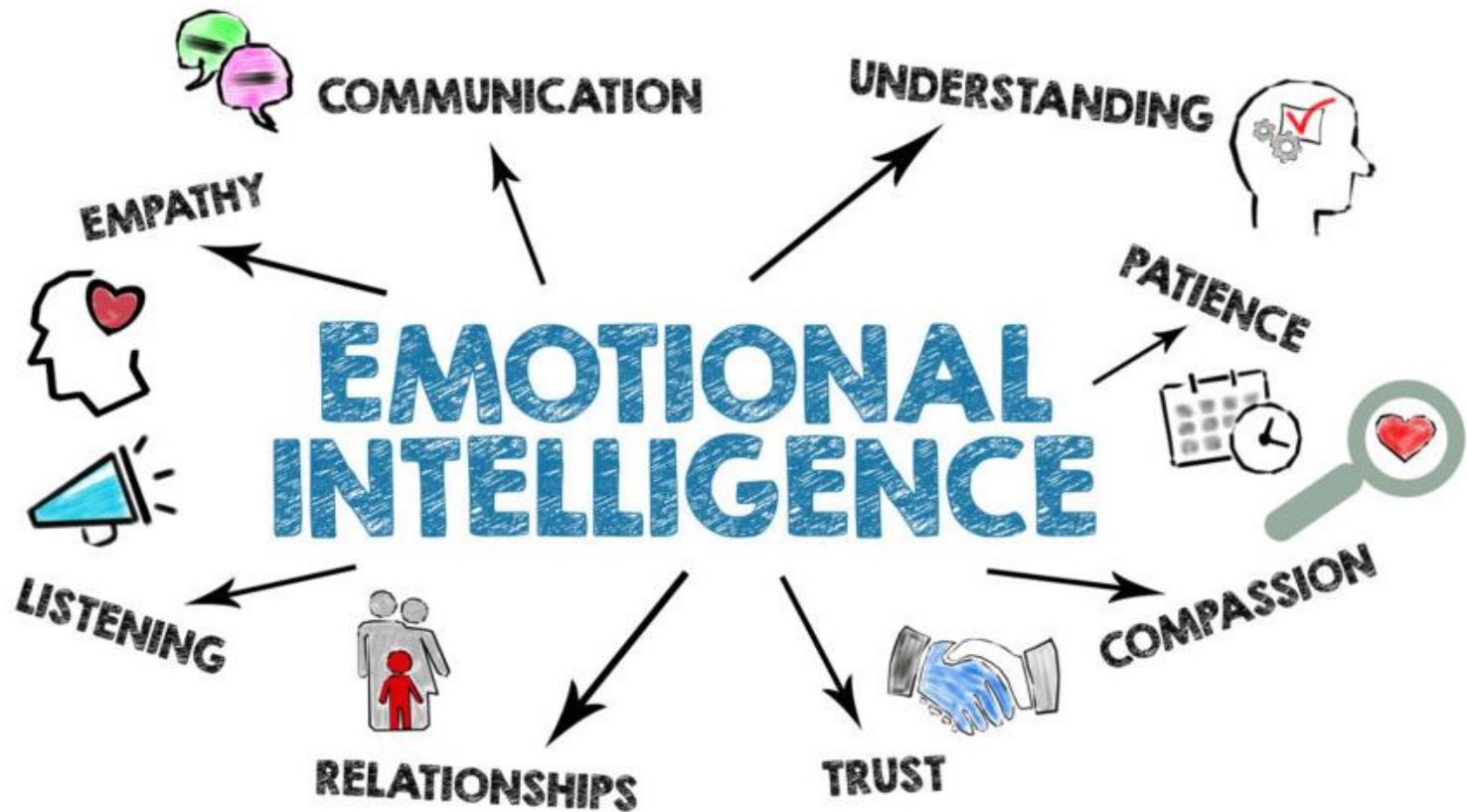


The Shift

- From Marks → Mindset
- From Studying → Learning
- From Pressure → Curiosity

Why This Matters

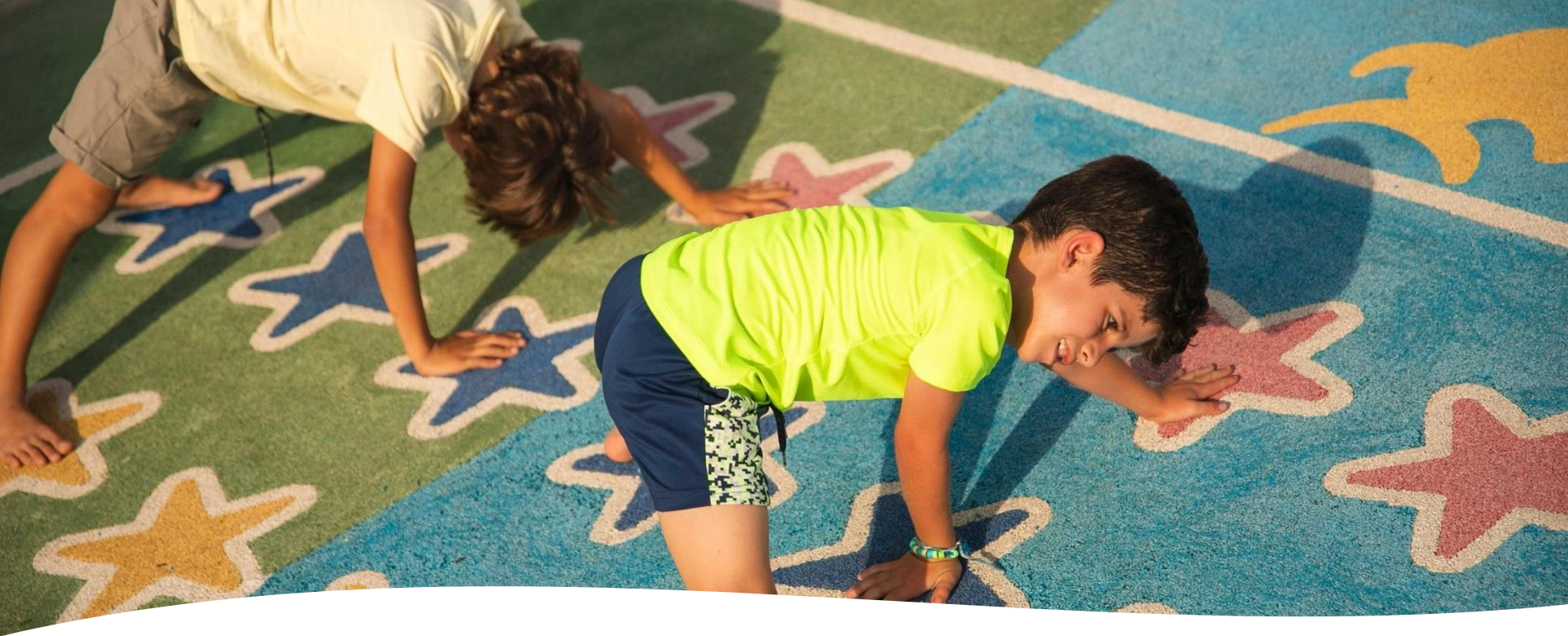
- Most children are never taught how to learn.
- This skill shapes everything in life.



Our Philosophy

- Learning = Thinking + Emotion + Behaviour + Using all your intelligences
- We build all three together.





Program Experience

- Small cohort (10 children)
- Ages 7 yrs to 12 yrs
- 2 hours per week immersive sessions
- Games, reflection, reading, real-world learning
- Online and offline (You could live anywhere in the world!)

Phase 1: Foundations

- Brain awareness
- Growth mindset
- Curiosity building



I have a **GROWTH MINDSET.**

I am in charge of how smart I am because I can **GROW** my **BRAIN** like a muscle by learning hard things.

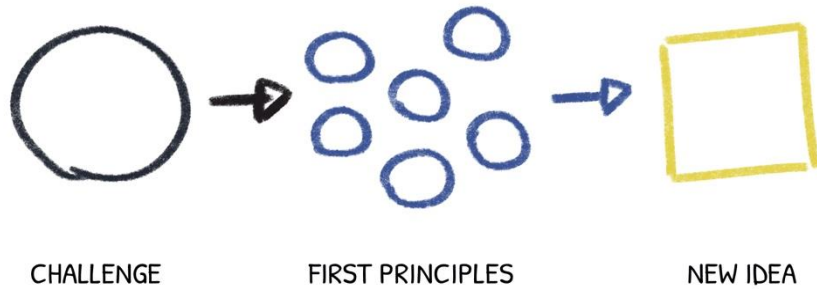
I can achieve **ANYTHING**

with **EFFORT** and **RIGHT STRATEGIES.**

And when I fail or make a mistake, it is a **GREAT** thing, because

I can **LEARN** from them and **I GET BETTER!**

Phase 2: Thinking



Confidence

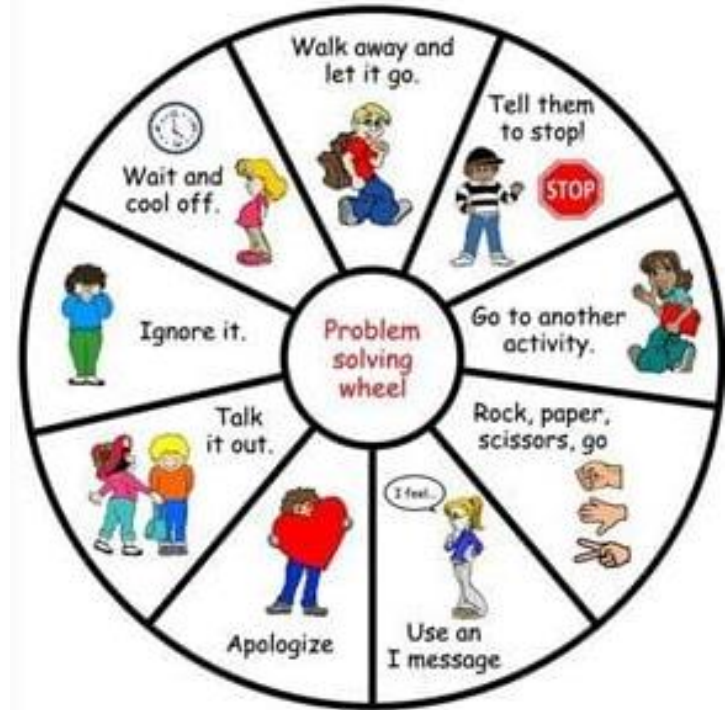
- Problem solving
- Critical & creative thinking
- Decision making

Curiosity

learn about your capabilities

willingness to try and explore

What can I do?



Phase 3: Learning Systems

- Memory techniques
- Focus training
- Habit building
- Understanding the self
- Personality & Attitude



Phase 4: Expression

- Public speaking, Making Conversation, Building connection
- Principles, Confidence, Integrity, Grounding, Empathy
- Developing an Identity, Building a personality



The Principle of Honesty

"People say that I am the reminder they need to remain truthful in all that they say and do."



The Principle of Teamwork

"People say that I am the reminder they need to work together to accomplish great things."



The Principle of Sacrifice

"People say that I am the reminder they need to think about others instead of themselves."



The Principle of Courage

"People say that I am the reminder they need to be brave when they feel worried and afraid."



The Principle of Compassion

"People say that I am the reminder they need to reach out to help people in need."

Research-Backed Journey

We track real transformation:

- Confidence
- Curiosity
- Independence
- Thinking ability
- Emotional Regulation



Parent Partnership

- Observe, not control
- Encourage effort
- Allow struggle
- Support reflection

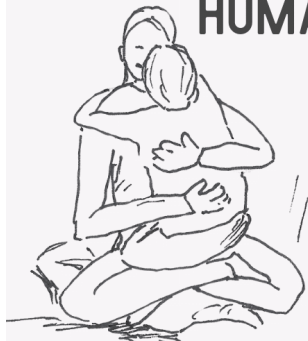
'Do not ask your children to strive'
by William Martin

Do not ask your children
to strive for extraordinary lives.
Such striving may seem admirable,
but it is the way of foolishness.
Help them instead to find the wonder
and the marvel of an ordinary life.
Show them the joy of tasting
tomatoes, apples and pears.
Show them how to cry
when pets and people die.
Show them the infinite pleasure
in the touch of a hand.
And make the ordinary come alive for them.
The extraordinary will take care of itself.

Parent Masterclass

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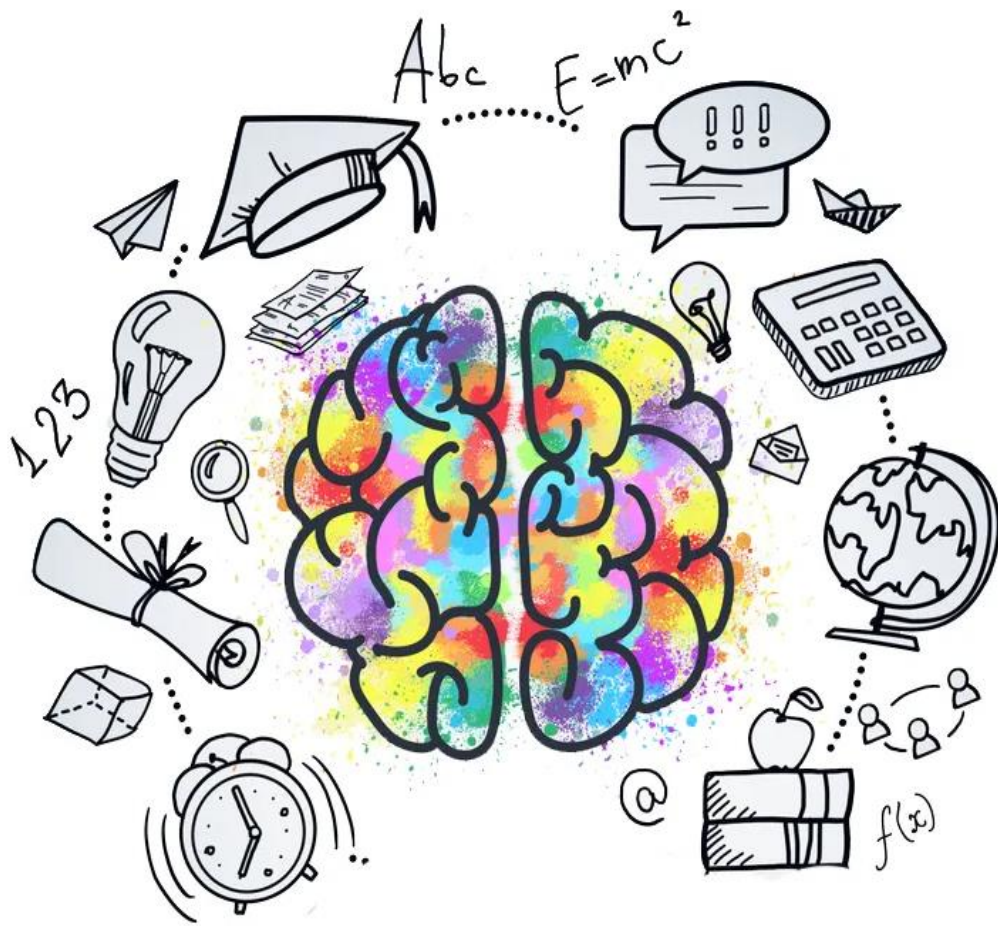
PARENTING IS ONE OF
THE MOST BEAUTIFUL
ELEMENTS HERE ON
EARTH, A JOURNEY OF
GROWTH LIKE NO
OTHER JOURNEY IN OUR
HUMAN LIVES.



EFRAT SHOKEF - SPIRITUALLY AWARE PARENTING

1 session/month for
parents

Topics: Brain, Focus,
Habits, Confidence,
Alignment, Purpose



Outcome

- Independent & Empathetic Thinkers
- Confident & Kind Humans
- Lifelong Learners & Seekers



What Children Will Explore

1. Understanding the Brain

- ✓ How the brain learns
- ✓ Neuroplasticity (your brain can grow!)
- ✓ Brain myths vs facts

2. Thinking & Problem Solving

- ✓ Breaking down any problem
- ✓ Logical and creative thinking tools
- ✓ Real-world challenges and puzzles

3. Thinking Frameworks

- ✓ Six Thinking Hats method
- ✓ Multiple perspectives and decision-making
- ✓ Structured vs creative thinking

4. Learning Techniques

- ✓ Memory techniques
- ✓ Focus and attention hacks
- ✓ Active learning methods

5. Knowing Yourself

- ✓ Multiple Intelligences
- ✓ Learning styles
- ✓ Strength discovery

6. Emotional Intelligence

- ✓ Understanding feelings while learning
- ✓ Handling frustration and failure
- ✓ Building a growth mindset

7. Overcoming Blocks

- ✓ Fear of failure
- ✓ Hesitation and self-doubt
- ✓ Building confidence through action

8. Habits for Learning

- ✓ Tiny habits for consistency
- ✓ Discipline without pressure
- ✓ Making learning a daily rhythm



How Children Learn

How We Teach

Each session blends:

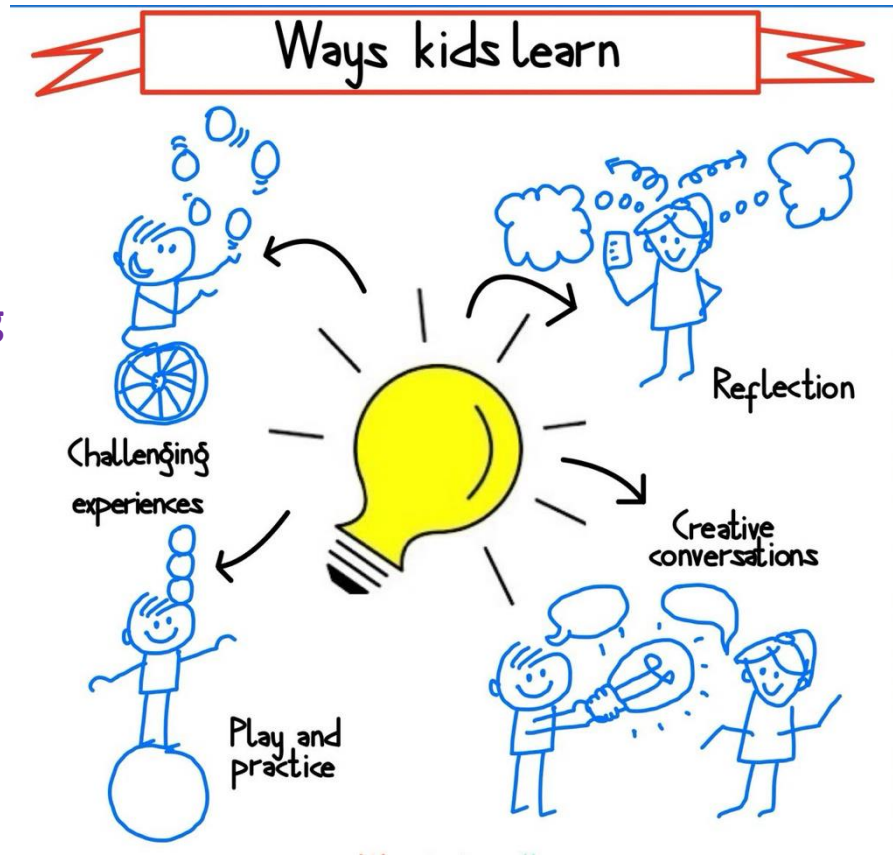
 Games & movement-based learning

 Puzzles & challenges

 Role plays & storytelling

 Group collaboration

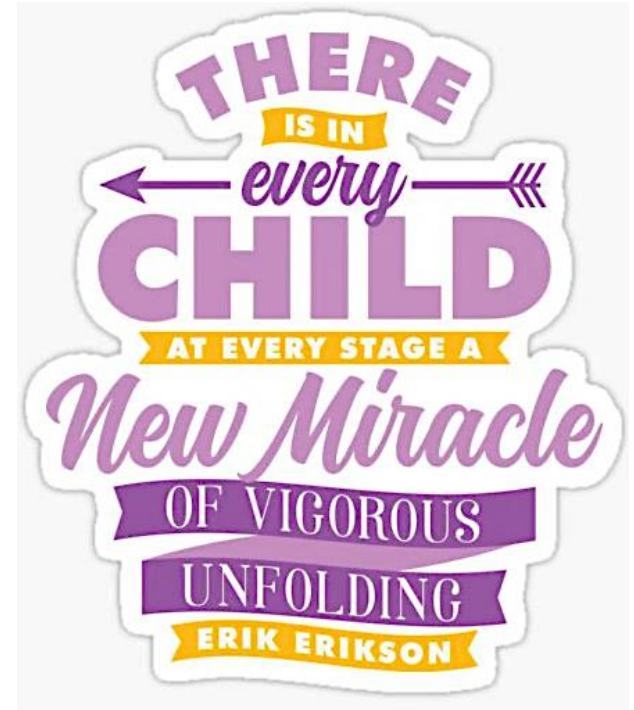
 Reflection & journaling



Active Experiencing and Embodying

Next Steps ▶▶

1. Reach [Divya Arathi M.](#) on +91-9167223047 for more information
2. Fill in this [Google Form](#) to confirm your child's enrollment in **"The Learning to Learn Cohort 2026"**
3. Refer a friend or family (referrals = 15% discount)



Sit back relax and watch your child's miraculous unfolding!



[Divya Arathi M.](#)



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We are not building better students.

We are nurturing self-directed human beings.

