

HEART AND MIND

The monthly newsletter of MEQ Academy



Let's nurture the nature so that we can have a better future!

EQ Theme of the month- How full is your bucket?

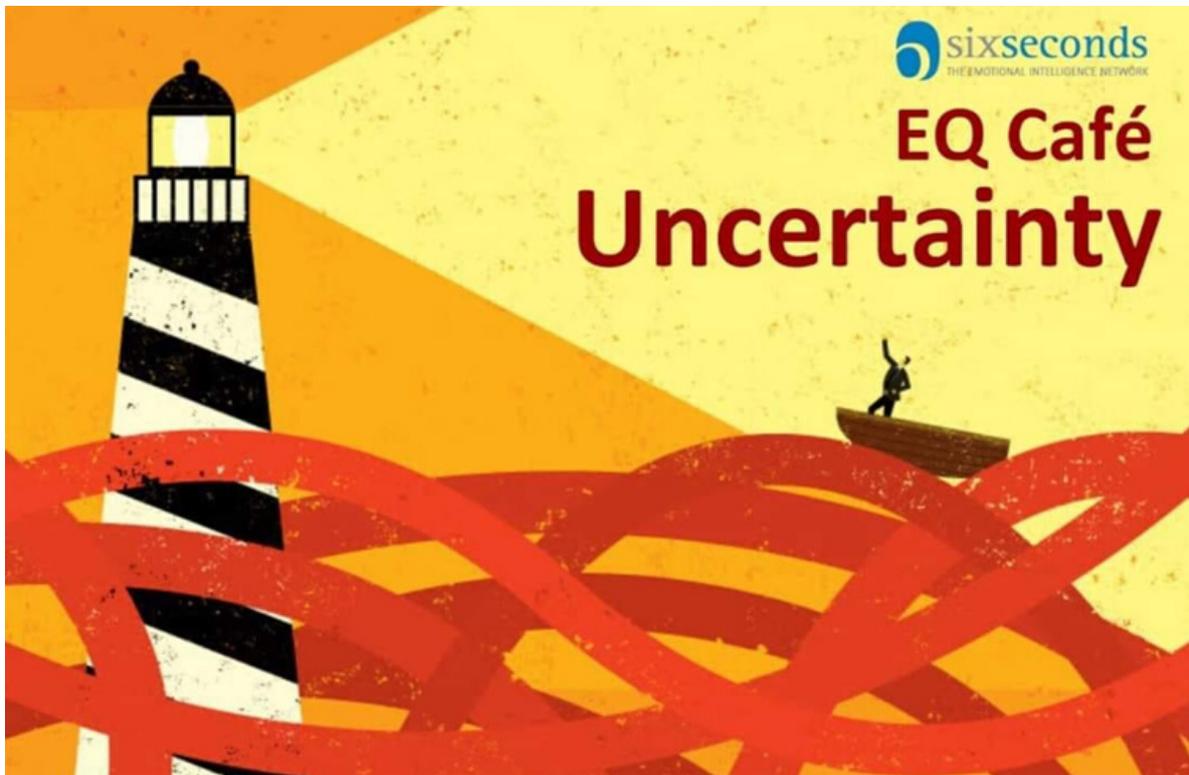
MEQ Academy

We have come up with a beautiful topic this month, i.e. 'How full is your bucket'. Each one of us has an invisible bucket which is constantly emptied or filled by what people say or do to us. When our bucket is full we feel great and when it is empty we feel sad. This topic is going to help the kids understand the power of giving and receiving, whatever we do for others come back to us surprisingly in a much greater amount. We fill someone else's bucket only when our own bucket is full.

Our expert team has designed the workshop in such a manner that children will love to perform the activities and will definitely take away what we expect them to learn. Due to prevailing Corona Virus pandemic we are organizing the workshops online through different mediums, only to ensure that the learning may not take a pause and children keep on getting EQ sessions throughout the lockdown.

HERE'S WHAT YOU SHOULD KNOW:

- *EQ Cafe for Educators- 2*
- *Positive Parenting Workshop- 3*
- *Building Resilience-4*
- *Teachers Training Program on SEL-5*
- *KIDS AGE- our media partner.-6*
- *MEQ Courses and Certification-6*



EQ- cafe for Educators

Online Session on Zoom in association with Six Seconds

MEQ Academy hosted an EQ Cafe on the topic 'Uncertainty' for educators/teachers from Modern School Barakhamba road, LPS School - Laxmi Nagar, Maharaja Agrasain, Ashok Vihar and Aster Public School, Mayur Vihar, New Delhi. Over 60 teachers participated and gave us a beautiful insight into uncertainty and how to deal with it.

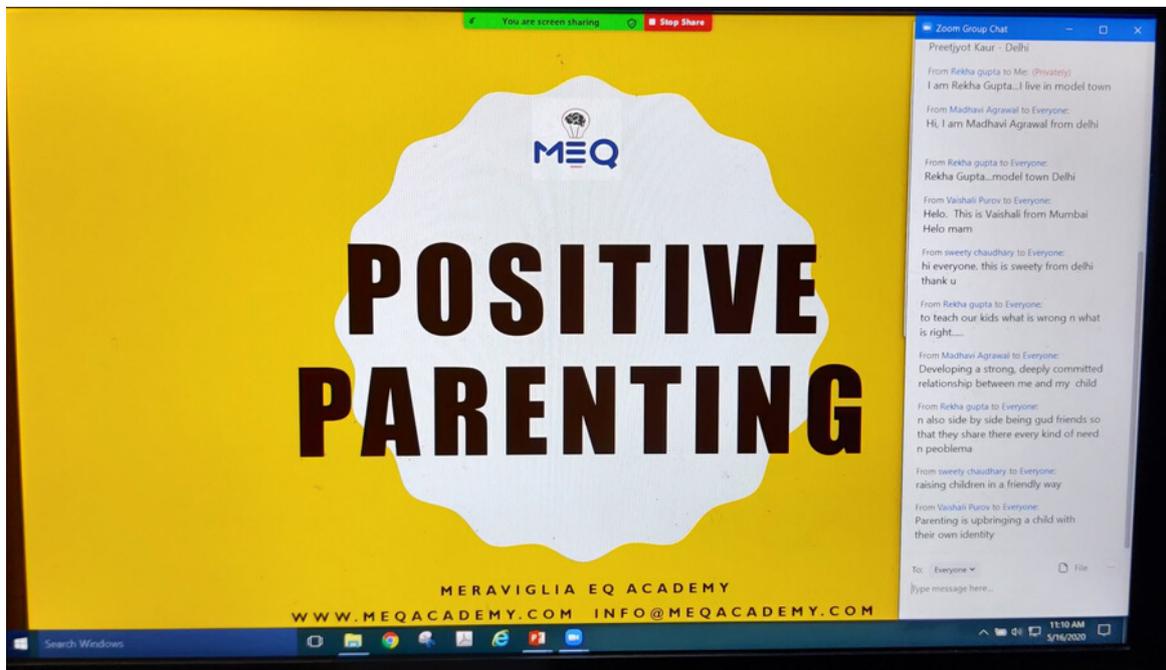
This is a difficult time for everyone, there is lots of uncertainty and negativity all around and one needs to have patience, courage, hope and strength to fight with the situation and in such situation we are trying our best to motivate and engage our audience in some productivity.

EQ helps when your IQ
runs out!
Nerd Brooke

It was an interactive session wherein our audience participated and shared their deep fear and anxiety due to the pandemic.

Our aim was to help the participants by providing them a few techniques of emotional intelligence to manage and balance their emotions which might be going up and down during the crisis.

The audience was happy to attend the session and they had beautifully shared their feedback with us which was truly positive. The session was led by Ms Lata Singh our founder director and Network leader for six seconds.



EQ workshop for parents on positive parenting

Online Session on Zoom- MEQ Academy

On 16th May MEQ academy hosted an online zoom session on 'Positive Parenting'. It was a wonderful session organised by Ms Lata Singh (Director) and executed by Ms Abha Biyani (Parents Life Coach) and Ms Chetna Singh (Parents Life Coach).

The session was very interactive wherein participants shared their parenting style and the troubles they might be facing while upbringing their children. Our experts provided them suitable techniques and methods to resolve their issues, which were really appreciated by the participants.

We at MEQ Academy believe that parenting is one of the toughest task and all the parents want to give best to their children, in their own way, hence we are no one to comment or pass any judgement for who is right and who is wrong moreover there is no rule book for parenting, it all comes by learning and experience. We are only trying our best to help people when they are stuck somewhere or when they seek right direction. Our coaches are working hard to spread awareness and help people through EQ.

Children only come through you, you don't create them. Just enjoy the privilege that another life chose to come through you into this world. Don't think of it as an authority-

Sadhguru Jaggi Vasudev



PRACTICING EMOTIONAL INTELLIGENCE BUILDING RESILIENCE

Lata Singh Dasila
Certified EQ Assessor and Life coach
www.meqacademy.com
info@meqacademy.com

Practicing Emotional Intelligence- Building Resilience

Online Session on Zoom- MEQ Academy

It is the time when people around the globe are striving to balance their feelings, there is a regular troll on the emotions of people due to Corona-virus pandemic, its really hard to keep that anxiety at bay. With increasing number of patients all over the world and unrestricted media coverage and too much of information, everyone is overwhelmed, worried and uncertain about the future. In such situation we do understand that people need to have Resilience for a new way of living. Hence MEQ Academy try to stay motivated and want to inspire other's also by organizing motivational workshops and sessions on different topics. This time we came up with much needed topic 'Building Resilience' on 23rd May,2020, for teachers/educators and individuals.

Our master coach Ms Lata Singh was the keynote speaker, she was assisted by Ms Abha Biyani, Ms Chetna Singh and Ms Komal Aggarwal.

The aim of the session was to dig out the fear of our audience and have them share their different emotions during the time of lock-down in-order to provide them with some solutions, meanwhile the audience was itself giving meaningful suggestions and ideas which were quite apt to be incorporated.

It was a lovely audience, we had a great experience.Each time we organize a session we learn many new things from the participants.

When we learn how to become resilient,we learn how to embrace the beautifully broad spectrum of the human experience.

Jaeda Dewalt



Teachers Training Program on Social Emotional Learning

Online Training program on Zoom from 26th May-1st June- MEQ Academy

Our vision is to reach out to more and more children and equip them with more EQ, however we face so many challenges in extending our limits, the latest hurdle in our path is the Covid-19 pandemic, due to which we can't go to schools and organize workshops like before, consequently we came up with an idea to train teachers online, and give them various tools and techniques so that they may apply Social Emotional learning in their daily teaching.

MEQ Academy designs its own course and modules with excellent teaching methods. This Teachers training program is exclusively structured for all the teachers around the world. The program itself is very unique with detailed knowledge of Emotional Intelligence and how to apply it in the classroom.

Teachers need to take care of themselves
in order to take care of their students.

Carla Tantilo Philibert

The teachers/educators will also learn various methods that will definitely make their teaching easier along with it, they will be making a happy and positive world by getting trained themselves in understanding and balancing their own emotions and further helping out the students to balance their emotions hence having a higher EQ.

The program has four modules and each module runs for the duration of approximately 60 minutes.

The Academy started the teachers training program on 26th May, that lasted on 1st June. The teachers were enrolled from different part of the country.

We are happy to spread the knowledge of Emotional Intelligence among teachers/educators because we know that it will help us in reaching to maximum students in order to make the world a happier place where people are emotionally intelligent having gratitude, showing empathy, kindness, being mindful and much more.

The classes were taken by our Founder/Director Ms Lata Singh who is also a certified EQ Assessor and Life Coach.

About us

MEQ Academy- An organization working on Emotional Intelligence.

We are a team of some very passionate women who are desperately working on a very noble vision and goal-to make children and adults emotionally intelligent.

The academy has its own developed courses and certification programs which are running successfully all over the world. MEQ Academy is also an ISO-Certified company, that means it is a trusted and reliable organization to get certified from.

We are keen to connect with people like us who want to work for the benefit of society in order to bring a change!



Kids Age- Our Media Partner



Children National Newspaper

We are excited to announce that our media partner is KIDS AGE-a monthly newspaper for kids which is entirely activity based, vivid, lively and interesting which evolved specially to intensify a habit of reading among kids of different age groups.

MEQ Academy is feeling proud to collaborate with Kids Age and looking forward to work in the welfare of children by promoting and spreading each other's good work.

MEQ Courses and Certification Programs

Online Training program on Zoom- MEQ Academy

- [Kids Life Coach Certification Program](#)
- [Parents Life Coach Certification Program](#)
- [Emotional Intelligence Certification Program](#)
- [Life Skill Facilitator Certification Program](#)

Contact us

www.meqacademy.com

+91-9354525069

info@meqacademy.com

