

APRIL 2019 | VOL. 01

Heart and Mind

Newsletter of the MEQ Academy

Welcome to the Heart and Mind Newsletter

Meraviglia EQ Academy, Vol - 01

Welcome to our first newsletter titled Heart and Mind. We plan to release it on a monthly basis. It will cover MEQ Academy's events, theme, new projects and tips to be emotionally intelligent. Our coaches are our strength in our vision and mission.

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Workshop Theme of the Month - April 2019

Empathy

Empathy is the ability to understand and share the feelings of others and in our empathy workshop we teach how to be more empathetic with others and with ourselves. Come Join us for a highly interactive session.

New Delhi | Gurgaon | Noida | Indirapuram | Mumbai

Our Vision

Our vision is to create an emotionally intelligent society where people can share their feelings and emotions freely and build a more connected and happier world.



April 2019

EMPATHY WORKSHOP

Meraviglia EQ Academy

New Program Launch - April 2019

Certified Parents Life Coach

We are delighted to share the launch of Parents Life Coach certification program. This program is best suited for Kids Life Coach, Life Coach, Teachers, Parents and Counselors. This Parents Life Coach certification will have four modules that will be covered in four weeks. The class will be once a week via Zoom or Skype.

Since we have just launched this program we have put the introductory price to INR. 15000 only. This is best opportunity for those who want to learn this skill and help so many parents around them.

This program also equip you with tools and techniques needed to deal with difficult situation as a parent.

We will be providing quarterly workshops so that our coaches can reach out to maximum parents and help them solve their issues.

The first batch is going to start in the last week of April 2019.

So, hurry before its too late! Call - +91-9354525069 for details.

Register here - [Parents Life Coach Link](#)



Coach of the Month - April 2019

Swetcha Pershad, Kids Life Coach, New Delhi, India

Swetcha is a joyful person. She connects instantly with kids. Last month she conducted more than four workshop on Gratitude. Please feel free to connect with her for one to one coaching sessions for kids or to conduct an EQ workshop.

Email - swetchapershad@yahoo.co.in



Gratitude Workshop

Theme of March 2019

Our Kids Life coaches conducted more than ten workshop on the topic Gratitude in Delhi, Noida, Indirapuram and Mumbai. To know more, please visit our FB page [here](#).

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Emotional Intelligence Workshop for Teachers

Modern School, Barakhamba Road, New Delhi

Emotional Intelligence workshop was conducted by our Master Coach - Lata Singh and Kids Life Coaches Komal Aggarwal and Chetna Singh. We all need motivation and so does our teachers. This workshop was an eye opener for teachers. They realized how much emotions drive us and why intrinsic motivation is more important than extrinsic motivation. For more such workshops, contact us at - info@meqacademy.com.



SEL Pilot Project

MEQ Academy

The Social Emotional Learning project was organized by MEQ Academy and its coaches in Modern School and Lovely Public School, New Delhi.

The topics that were covered during the project were empathy, bullying, confidence, emotional literacy, I am unique and gratitude. Children learn through play and we are pioneer in teaching emotional intelligence skills through interactive workshops.

This program was well appreciated by school teachers, admin, coordinators and Principal. It was conducted by our Kids Life Coaches - Komal Aggarwal, Abha Biyani, Hina Rastogi, Nidhi Bawa, Chetna Singh, Rosy Katyal and Swetch Pershad.

To know more, please visit our FB page [here](#).

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Contact Us

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