

MEQ ACADEMY

# HEART & MIND

*Monthly Newsletter*

## EQ THEME OF THE MONTH 'LEADERSHIP'

'Leadership is not domination. It's the art of persuading people to work towards a common goal.

We at MEQ Academy have a vision to empower the kids with life skills along with their academics. This theme will definitely help to develop the trait of leadership among the children. They will actually perceive their innate ability of leadership.



## WHO IS A LIFE COACH?

A life coach is like a personal trainer who helps when someone gets stuck in life. He has the capability to bring clarity in the life. He helps in making goals, taking actions and bringing dreams into reality.

A Life Coach can fix your life problems in the same manner as a fitness trainer can fix your weight issues.



# EDUEXCELLENCE CARNIVAL IIT DELHI

MEQ Academy was proud partner of EduExcellence carnival at IIT Delhi. Our team Ms Abha Biyani, Ms Chetna Singh, Ms Komal Aggarwal and the Director of the academy Ms Lata Singh showcased the objective and goals of the academy in front of the leaders and teachers of top schools and academies who had come from different part of the country to participate in the Edu-Excellence Carnival at IIT- New Delhi.

## ACTIVITIES WITH LEADERS AND TEACHERS

We were quite enthusiastic to perform EQ activities with the leaders and teachers of schools. The guests also took part eagerly in following activities-

- Know your Emotion
- Colour your Heart
- I Wish Chain



It was a great experience and learning. We were amazed to see that no matter what age and designation we are on, when it comes to emotions we all are same, 'just a human being'.

It was only a glimpse of what we actually do in a wholesome workshop, even then the visitors were pretty well impressed after doing the activities by their own.





## I WISH ACTIVITY

From day one we started doing I wish activity with all the delegates who were visiting our stall, this is an activity in which we ask people to write one wish for their students, how they want to see them in next twenty years. On the last day we were amazed to see more than 100 people had written their wish and we got a long I wish Chain. We wish that all the wishes written by everyone may come true.

## MEQ ACADEMY: LUCKY DRAW WINNERS

MEQ Academy has a clear vision and objective to reach out to the maximum people with it's noble idea of developing Emotional Literacy and every single thing needs branding and advertisement to come into existence, with this idea we had structured a Lucky Draw Contest for the delegates from all over the country.

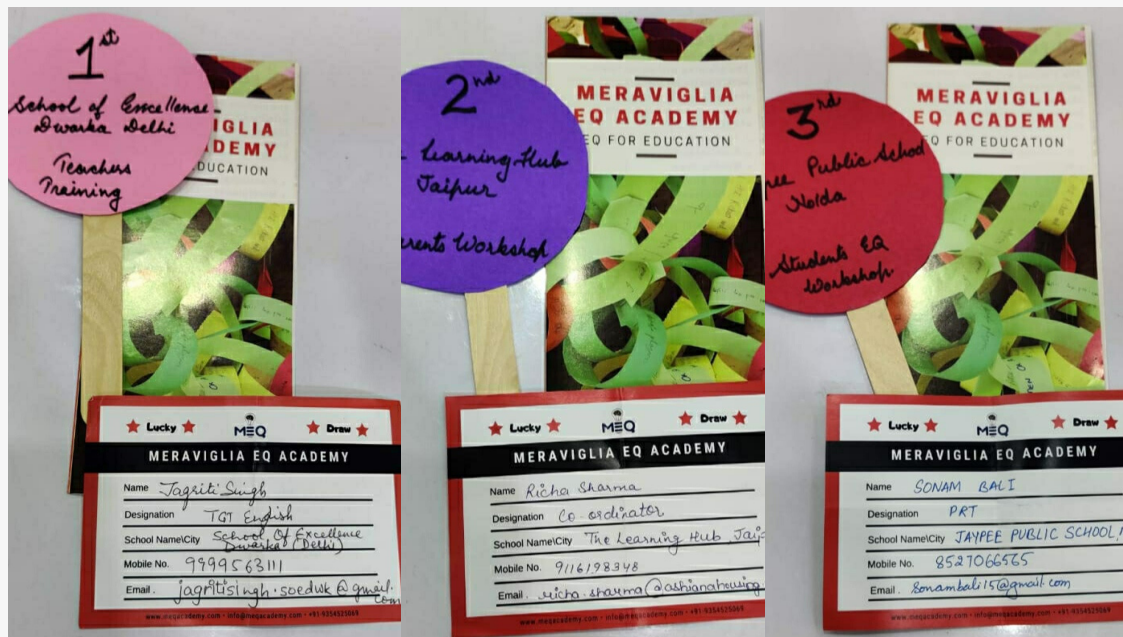


We had kept exciting prizes for the winners so that they can take the benefit of it and also it will be helpful for them to get an insight of the EQ workshops that we provide.

On the last day of the Carnival three Lucky Draw winners were announced.

The details of the prizes and the Winners are mentioned below.





- School of Excellence Dwarka, Delhi got First prize- A Free Teacher's Training on EQ.
- The Learning Hub Jaipur got the Second Prize- A Free Parent's workshop on EQ. - To be conducted on 2nd February 2020.
- Jaypee Public School Noida got the Third Prize- A Free Student's EQ workshop.



## SELF AWARENESS: MUMBAI

Vaishali Purov - Kids Life Coach in Mumbai conducted a Self Awareness workshop in which the kids were taught about Emotions. The workshop was thoroughly interactive and activity based to make the kids capable of managing their emotions properly.

Children enjoyed the activities and had wonderful experience which was quite well reflected at the end of the workshop.

They shared their feelings and made the workshop a successful one.



# EQ WORKSHOP- GRATITUDE

Practicing Gratitude can never get old fashioned, this has been proven by our Kids Life Coach 'Swetcha Persad'. She has set an example for all by conducting a workshop on Gratitude for the kids on the last day of the year just to acknowledge the importance of appreciating those who contribute in our lives by one or the other way. I am sure kids would have understood well the value of Gratitude. Contact us for more such workshops in Delhi, NCR.

## WELCOME TO THE ACADEMY

The entire team of MEQ Academy is excited to welcome our two new Kids Life Coaches-

- 'Vaishali Purov' from Mumbai
- 'Shilpa Arora' from New Delhi.

Both the new coaches are very intelligent and promising in their respective jobs.

We hope you will do some amazing work here. MEQ Academy would like to send warmest welcome and good wishes!



MEQ

Patience and positivity are two pillars of a positive culture and it's a mantra for positive classroom environment.

**VAISHALI PUROV**  
Kids Life Coach

WWW.MEQACADEMY.COM INFO@MEQACADEMY.COM



MEQ

Children are great imitators. Let's give them something great to imitate...

**SHILPA ARORA**  
Kids Life Coach

WWW.MEQACADEMY.COM INFO@MEQACADEMY.COM

**BECOME A CERTIFIED KIDS LIFE COACH**

*IQ is 20% of success while EQ is 80%*

**HELP CHILDREN IN ACHIEVING GOALS, HAPPINESS, SUCCESS AND WELL BEING THROUGH ONE TO ONE SESSIONS AND GROUP WORKSHOP.**

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# MEQ COURSES AND CERTIFICATION

MEQ Academy provides short term course and certification program on Emotional Intelligence.

We have designed different courses as per the requirement of the audience. All the following certification Programs are ICF approved-

- Kids Life Coach Certification Program.
- Parents Life Coach Certification Program.
- Emotional Intelligence Online Certification Program.

**BECOME A CERTIFIED PARENTS LIFE COACH**

**FROM MERA VIGLIA EQ ACADEMY**

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*Emotional Intelligence Sessions*  
 by  
*Lata Singh Dasila*

**STARTING FROM 15TH JANUARY 2020**  
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## CONTACT US

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