

HEART AND MIND

The newsletter of the MEQ Academy



Be Courageous!
It is the only place left uncrowded...

EQ THEME OF THE MONTH: BEING COURAGEOUS

MEQ ACADEMY

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'Courage' is not absence of fear. Courageous people do feel fear but they are able to manage and overcome their fear so that it does not stop them to take actions. Being Courageous means going beyond your limits. It allows us to face our fears and open the doors for new opportunities and paths.

This month's theme is in continuation with last month's 'Facing Fear' which will help the students to overcome their fears and be courageous to face any kind of challenge that can be- 'standing on the stage and giving a speech, going out alone in dark, taking stand for something which is not right for them, going in some enclosed space just to remove that fear, facing failure and overcoming the fear of exams' etc. Our EQ themes help children to develop their life skills so that they can learn to manage their emotions and live a happy life.

EQ Workshop: Facing Fear

SHIV NADAR SCHOOL, GURGAON

MEQ Academy conducted an exciting and enriching workshop on the topic 'Facing Fear' for the students of Shiv Nadar School Gurgaon under 'Social Emotional Learning Program'. The workshop was purposed to draw out some deep and undiscovered fears of the young students in order to assist them in facing and overcoming them through some activities and discussions. The students shared some of their fears like fear of failure, fear of insects, fear of height, fear of enclosed spaces, fear of exams, fear of being scolded etc.

An NLP technique was introduced by our coach to fight through those fears, hence getting out of them by regular practice. Thereafter they did some activities and gave a face to their fear through some clay, wire and drawings.

The workshop was conducted by Lata Singh, Abha Biyani and Chetna Singh.



Facing Fear

Workshop for Children

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*Fear is just an emotion.
Don't give chance to it
To lead you.....*

Narendra Naidu

Facing Fear

JAYPEE SCHOOL, NOIDA

MEQ Academy conducted EQ workshop at Jaypee School Noida for students of Grade 7.

The aim of the workshop was to help kids in acknowledging their fears. The workshop started with few discussions on the biggest and scariest fear that the kids may have, initially they were not able to figure out their own fears but later on after discussions they shared their fears with the coaches like fear of exams, fear of dogs, fear of parents/ teachers, fear of ghosts, fear of height etc. They were given few activities to do, so that they may learn 'how to overcome their fears'. At the end they gave a face to their fear by making a 'Fear Monster' of their choice.

The workshop was facilitated by Lata Singh, Komal Aggarwal and Chetna Singh.

Facing Fear: Held in Mumbai

BY : VAISHALI PUROV , Mumbai

Vaishali Purov - Kids life coach based in Mumbai conducted a workshop on 'Facing Fear'. The children were quite enthusiastic. The coach described them that Fear is an emotion which should not be felt for a prolonged period because it may turn into a 'Phobia'. She then asked them to share their deep fears and the kids readily started doing it. Thereafter they were given a worksheet to write about the fears they have and what actions they will be taking to overcome them, the kids were then divided into groups to brain storm about the Pros and Cons of the fears they are having.

The children made their own 'Fear Monster' and gave a face to their fear. The workshop was completely activity based, hence it was enjoyed by the kids thoroughly.

Our EQ workshops help children in finding out many ways to face the challenges of the life.



Positive Parenting

EQ Workshop for Parents

Contact us to conduct Positive Parenting Workshop at your School, Activity Center or Play School.

Call +91 - 9354525069

MEQ Academy brings an exciting workshop on 'positive parenting' for those who always are keen to learn.



Meraviglia EQ Academy presents

POSITIVE PARENTING

EQ Workshop for Parents

Do you have an Empathetic / Motivated / Approachable / Respectful / Thankful kid?

Come and learn the art of positive parenting from our certified Parents Life Coaches this quarter.



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MINDFULNESS Workshop for TEACHERS

SUNBEAM SCHOOL, MUGHALSARAI,
VARANASI, UP

Our Founder-Director Lata Singh along with co-facilitator Hina Rastogi conducted Mindfulness session for the leaders and teachers of Sunbeam school, Mughalsarai (Varanasi). Participants learned various ways to practice mindfulness and also how to implement it in the classroom and school.

Mindfulness is being in the present moment yet we forget to keep this in our mind and somehow we all are lagging behind in this very necessary and most important thing. The purpose of our EQ workshops is to make people realize the basic concept and values which are really significant in our life more than any thing else.



Our master coach Lata Singh elaborated how mindfulness helps in Reducing stress and anxiety, managing anger, resolving conflicts, improving concentration, emotional awareness and better understanding etc through various mindful activities. The participants enjoyed the workshop very much and they shared their views and opinions. For few it was a very new concept and a wonderful experience.

We feel happy to conduct such wonderful and memorable sessions for people and touching their lives in some or the other way.



Mindfulness

Workshop for Teachers

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Mindfulness is the way of living, it is the most needed yet most ignored trait.

Contact us to conduct EQ Workshop for Teachers at your School, Activity Center or Play School.

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EQ CAFE: DIGITAL AGE

Lata Singh - Network Leader, Six Seconds

MEQ Academy hosted an EQ Cafe (a free workshop) by Six Seconds on the topic entitled as 'Digital Age'. The workshop was conducted by our master coach Lata Singh.

The purpose was to create awareness among the people that how intensely we have been 'Hooked' up digitally in our mobile phones, gadgets and laptops. People are connected globally with each other yet we are loosing the human touch that used to exist between humans.

We are so much distracted most of the times that we spend hours in front of our mobile screen.

The workshop was designed in a way to make them understand that how much is too much for us. Our master coach explained it beautifully with her words of wisdom. The participants were happy to be a part of it.



EQ Cafe - Digital Age

TEACHER'S TRAINING PROGRAMME

BY MEQ ACADEMY

Teachers have a big role in building a nation, thus it is the key responsibility of teachers to get trained time to time to enhance the knowledge and also to upgrade themselves with the new technology and the skills which are much needed in the current scenario in order to help their students. An educator should have the sense of responsibility to teach the students with the latest tools and techniques. In our academy we try our best to make such workshops which will help the teachers to increase their EQ level so that they will be more dedicated, tolerant and eager to build a strong bond with their students.

Connect with us for Teachers training in Schools/ Colleges.

MEQ ACADEMY PRESENTS

MEQ

Teachers Training

Topics

- SELF-AWARENESS
- TEACHING TODAY'S GENERATION
- ANGER MANAGEMENT
- BUILDING RELATIONSHIP

contact us today

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EMOTIONAL INTELLIGENCE

CERTIFICATION PROGRAM (MEQEI)

This short term certification program is designed for those who are interested in enhancing their EQ level along with practicing emotional intelligence in their day to day life. This course is best suited for everyone right from working professionals to Home makers.

Log in for more details of the course
<https://meqacademy.com/emotional-intelligence>



What does our clients have to say about the EI Course?

I did the online EQ course and found it to be extremely beneficial in allowing me to understand my emotions and deal with it. Lata was excellent as a coordinator and very helpful and efficient. I strongly recommend this course.

- Dr Saroj Dubey, Noida

As a School Counselor, educator and a family therapist I used to have cases where I observe people falling in the trap of anxiety, depression and social maladjustment issues. I always felt a link to be missing. After doing this course I am feeling motivated to incorporate EQ concepts in my practice and sensitize the educators about the emotional dimensions to the academic achievement.. My thanks to Lata maam she elaborated my knowledge of EQ by her wisdom.

- Puneet Sharma, Chandigarh

This course has been a turning point in my life, it is not only a well structured module but teaches one how to look at oneself from a different perspective, as i am into educational field, I get to practice it on a regular basis hence my learning and insights have greatly improved. Becoming a better person is a feeling that only oneself can realize. This course is a complete package which has opened new venues for practice right from toddlers to adults, much needed, valued and a wonderful course. I thank Lata ji for delivering it with such passion that every coach catches it to give it tenfold to the world.

- Abha Biyani, New Delhi

Lata is a gifted trainer. She is very high on her Emotional Quotient that helps her to connect with all age group. I really appreciate my connection with Lata. MEQ Academy is a professional training academy. Contents of EI course are very well described. This course helped me in many ways like understanding my own emotions as well as others. Wishing MEQ Academy and Lata best wishes. Looking forward.

- Geetika Agarwal, Chennai

SEL FACILITATOR

A CERTIFICATION PROGRAMME FOR
TEACHERS, TRAINERS, COUNSELOR &
TRAINERS

MEQ Academy has brought a certification program
for trainers/ teachers/ educators and those who
aspire to work with the children.

This program will help you in organizing and
conducting workshops in schools/ colleges/ societies
for students of 8-17 years of age.

This is an online program and can be accessed from
every part of the country and even from overseas.



BECOME A
CERTIFIED
KIDS LIFE
COACH

OUR CERTIFICATIONS

ONLINE COURSES

MEQ Academy provides Online Certification
Program

- Kids Life Coach Certification Program
- Parents Life coach Certification Program

For more details of the program please visit
www.meqacademy.com

CONTACT US



Phone: +91-9354525069

Email: info@meqacademy.com

Website: www.meqacademy.com