

JULY 2020 VOL.16

HEART AND MIND

THE MONTHLY NEWSLETTER OF MEQ ACADEMY



EQ Theme of the month: Empathy

ONLINE SESSION BY MEQ ACADEMY

Empathy is important, its the highest form of knowledge that one can possess. People who are empathetic with others are good in building relationships. Empathy comes by regular practice of Emotional intelligence.

MEQ Academy is exploring new ways to make children and teens more empathetic and kind towards each other. This month we want our teenagers and college goers to practice Empathy with us through our online session. The workshop is going to be super exciting and interactive wherein each individual will get a chance to share his/her own story and opinions. The participants will learn 'how to manage their emotions' by our experts. **Stay Tuned!!**

What's in this month's issue:

- SUMMER CAMP JUNE 2020
- SELF AWARENESS WORKSHOP
- EMOTIONS FREEBIES
- EQ WORKSHOP ON KINDNESS
- SPONSORSHIP OPPORTUNITY
- COURSES AND CERTIFICATION PROGRAMS



EQ SUMMER CAMP- JUNE 2020

AMAZING SOCIAL EMOTIONAL LEARNING ACTIVITIES FOR KIDS

MEQ Academy hosted an online Summer Camp for kids of age group 8-12 years from 1st June to 12th June, in which a few unique activities were picked up to make the kids understand and learn EQ. The topics that were covered from Day 1 to Day 10 were- Friendship, Positive Self Talk, Kindness, Culture, Connection, How full is your Bucket?, Empathy, Self-Awareness, Growth Mindset and Gratitude.

In the ten days program the activities were delivered on whats app daily in the morning with a brief description of the topic along with instructions for the activities that were assigned for the particular topic, followed by a virtual session with the coach on Zoom in the evening.

The coaches who made this wonderful program successful were Abha Biyani, Chetna Singh & Komal Agarwal. The master mind behind the whole program was our Director Ms Lata Singh.

It gives us immense pleasure when our kids are happy , innovative, vibrant and active, we saw them joyous and enthusiastic throughout the summer camp. Our little participants completed all the activities beautifully and creatively. With a new topic of EQ every day the kids were introduced to new life skills that would certainly teach them to be resilient and balance their emotions throughout the life time.

EQ helps people to understand and manage emotions in a well manner and behave appropriately in each and every situation they face. Through our programs we try to provide our children enough tools and techniques to practice Emotional Intelligence with an aim to make our future generation emotionally intelligent.

"Social Emotional Learning provide a set of skills necessary to"-

- *Manage Emotions*
- *Being Empathetic and Kind*
- *Showing Gratitude*
- *Having Growth Mindset*
- *Make Responsible decisions & many more skills.....*

**Please do visit our FB page for the glimpses of
Summer Camp activities of June
2020- www.facebook.com/meqacademy**



SELF-AWARENESS

ONLINE EQ SESSION BY MS LATA SINGH

Our Founder/Director Ms Lata Singh conducted a virtual session on Zoom in collaboration with Ms Kavita Vasudev (Founder - Avabodha Learnings).

Self Awareness is a key to understand ourselves in a better way so that we are able to focus on our strengths rather than cribbing on our weaknesses. We are empowered to change our lives and build a brighter and happier future for ourselves.

The objective of this session was to make the audience aware of the fact that Self Awareness plays a big role to understand our personal values, beliefs and our behavior. How we feel about ourselves, what are the characteristics which we do not want to show to the outer world yet they are still a part of our personality and most importantly how can we live with them without affecting our good traits.

The session was highly interactive and encouraged individual participation. All the workshop participants identified various points to manage emotions and one of the key point was to be self aware of their own emotions, behavior, habits, characteristics and values in order to bring change in themselves rather than trying to change others.

The keynote speaker Ms. Lata Singh beautifully conducted the session and spread her positivity making the whole session quite interesting and engrossing for the participants.

Unhesitatingly we can reveal a fact that our workshops are unique, interesting and highly interactive to engage, entertain and teach our participants new skills to practice Emotional Intelligence. Our sessions are bilateral as we always make sure, not to make the sessions monotonous and dreary.



"Self Awareness" helps us in

- ***Having Better Relationships***
- ***Improving mood***
- ***Clearer Thinking***
- ***Better Decision making***
- ***Improving Productivity***
- ***Focusing on our Strengths***
- ***Not trying to change others.***



EMOTIONS

PRESENTING FREE ACTIVITIES
AND MOTIVATIONAL QUOTES
EVERY MONDAY!

Meraviglia EQ Academy is constantly working towards a noble goal- 'To make the society Emotionally intelligent'.

We are trying to connect with more children of 4-17 years of age around the globe just to provide them with interesting activities and very motivational and powerful quotes based on Emotional Intelligence.

Through different Social Media Platform we are advertising our free program, the interested candidates have to subscribe by filling up a form, and they will start receiving the activities via email on every Monday.

Subscription link-
<https://forms.gle>



Emotions drive us, emotions make us crazy, emotions make us calm, emotions change our life, beyond doubt emotions have the power to impact our life deeply, however its our choice whether to allow our emotions to dominate over us often and behave irrationally in most of the situations or to just take a pause and think, feel and then act over a certain issue and make our lives easier.

If only we know how to manage and balance our emotions, we can have a balanced and happy life.

This program can be a tiniest effort or step taken by you in a long journey of practicing Emotional Intelligence, yet it can become a milestone in your life, probably changing your life for better, hence making it more purposeful.

*"Your intellect maybe confused, but your emotions will never lie to you"-
Roger Ebert*



EQ WORKSHOP ON KINDNESS

BY IKEDAH ALSTON AND SHAN SINGH.

MEQ Academy provides Certification to become Kids and Parents Life Coaches.

Recently our two new coaches completed their Parents Life Coach Certification program successfully with us. We are happy to have them in our Life Coach Community.

Ikedah Alston and Shan Singh conducted an EQ workshop on 'Kindness' for parents and our fellow Coaches.

The workshop was designed and developed by both the freshly Certified Trainers. The objective of the session was to make parents aware of the fact that how important it is to be kind towards their own selves while parenting their kids.

Most of the time we can see that parents blame themselves for every failure and disheartening moments that their children had face one or the other time.

Ms Ikedah beautifully explained the best possible ways to show kindness towards one's own self and told why it is important to adapt this habit as a parent.

On the other hand Ms Shan expressed her views and opinions about being kind towards your children with her intellect.

Kindness is way of living, parents may become harsh sometimes with their children but they always are kind whenever they have to choose between their happiness and sorrows.

The session was interesting and informative for the attendees.

MEQ Academy wishes great success to both the Coaches for their future endeavours.



'To be a good parent you need to be kind to yourself, so that you can have physical and emotional energy to take care of your family'!



RAISING EMPATHETIC CHILDREN

AN ARTICLE BY MUSKAAN - CONTENT WRITER, MEQ ACADEMY

Empathy is basically the ability of a person to put themselves in someone else's shoes; to recognise and understand other person's feelings, emotions, thought processes and their perspective. It helps a person to understand someone's point of view. Empathy is very crucial in interpersonal relationships. It helps a person understand others and encourages them to forgive others. Empathy makes a person compassionate and kind. It helps us to cooperate with others, fosters friendship and helps us make moral decisions more effectively.

It has been shown through countless researches that empathy as a skill can be learnt and inculcated in our behavior. Children as young as 18 months are able to decipher people's emotions through facial expressions. We can make our children empathetic and here in this article I am providing you with certain tips that will help you to raise empathetic children. Teaching children empathy-

Parents, caregivers and teachers can teach children empathy by:

- Asking children what the characters in their storybooks, movies and tv shows are feeling based on their facial expressions and the type of situation they are in. This will force the child to think from someone else's perspective and they'll be able to identify emotions/feelings based on someone's facial expressions.
- When they have fights with siblings or with a friend at school, ask them to consider other person's perspective . What do they think they would have reacted if the same situation happened with them? Would they feel angry, bad?
- Be a role model for them and practice empathy and compassion yourself. You can volunteer your time for a blood donation camp or help the new neighbours feel comfortable. This will have a huge impact on your child.

Talk about biases and have a hard conversation: Most of the parents try to avoid discussions around topics like gender discrimination, caste discrimination etc. They don't consider it as important. However, not having such type of discussions ends up in child absorbing in the societal biases and stereotypes and internalizing those things as societal norms. Talk to them that women and girls haven't always been allowed the same resources and to do the same things. Make them understand that people's body comes in different shapes and sizes and not every family has the same resources and that families are composed of different combinations of people. In this way you'll help your child to take in and respect diverse things around them.



If your child comments on someone's skin colour (which is common in India), don't neglect it or just waive it off. Make them understand that each one of us have different skin tones and that doesn't make us different from each other.

Having these types of discussions is really very hard, but these discussions will make them open-minded people who respect others for who they are. Teach them to fight stereotypes: A lot of researches have shown that children as young as 3 year old, are aware of stereotypes. Help your child counter stereotypes by encouraging them to have a diverse group of friends.

If they say things like 'Girls aren't good at math' or 'Boys don't cry' remind them that none of this is true, teach them about stereotypes and how they are false most of the time. In case you notice that they are watching shows or movies that represent stereotypes, ask them questions like 'Do you think it's only the responsibility of the mother to cook for the family?' and discuss with them.

Provide opportunities for children to practice empathy: Children can learn empathy and learning empathy is similar to learning a new language or a sport. And that is the reason that children require continuous guidance, support and practice. It is important to give your child ample opportunities for practicing empathy. Some tips for parents:

- Discuss ethical dilemmas with your child. This will help them appreciate different opinions and perspectives. Should I invite Priya to my birthday party when my best friend Sia doesn't like her? But Priya did invite me to her birthday party. These ethical dilemmas may sound childish to you but these are the small instances where we can help children to see the situations from different perspectives.
- Reflect on empathy and caring. Ask children about their opinions and perspectives like why it is necessary to take care of their grandparents? Encourage them to come up with answers and help them understand the importance of caring for others.
- Have family meetings whenever there is a conflict or stress within the family members. Let the child put up their perspective on the situation, listen to their opinion as well and encourage them to listen and understand others perspective.

Being able to empathize with others is truly a very important skill. We as parents spend so much time in preparing our children for academic success, but we often fail to impart them with life skills, skills that will help them become better human beings. So, it's important that you as a parent give as much importance and consideration to your child's emotional skills and emotional intelligence.



SPONSORSHIP OPPORTUNITY IN MEQ's MONTHLY WORKSHOP

MEQ ACADEMY PRESENTS SPECIAL BUSINESS OPPORTUNITIES

MEQ Academy has come up with a brand new scheme for Counselors, Career Coaches, Nutritionist, Gym Trainers and any body who is running online courses for teens and young adults.

The Sponsorship plan has been designed in multiple categories to make it easier for the sponsors to choose the plan according to their requirement. The benefits are provided according to different levels.

Basic Sponsor (Rs 750)

- Logo on PPT of the workshop.
- Flyer and Product detail will be sent to participants via email
- Increased Brand exposure

Advanced Sponsor (Rs 2000)

- Logo on PPT and our website for a month.
- Flyer and all the details will be shared with the participants via email
- Increased Brand exposure and access to attendee's data.

Premium Sponsorship (Rs 5000)

- Logo on PPT , our website and all social media pages (Fb, Instagram and Whats app)
- Product details and website will be shared with the participants via email
- Two minutes of speaking opportunity during the workshop about your company and product.

Educational Sponsorship (7500)

- Logo on PPT , our website and all social media pages (Fb, Instagram and Whats app)
- Product details and website will be shared with the participants via email.
- 10 - 15 minutes of speaking opportunity for the presentation about the company and product details during our workshop.

*"TODAY is your opportunity to
build the TOMORROW you want!"*



LAUNCHING A NEW CERTIFICATION PROGRAM

KIDS YOGA LIFE COACH

MEQ Academy is launching its new Certification Program for those who are keen to start their own Yoga classes for kids.

This online Kids Yoga Life Coach training will give you the practical tools for teaching yoga to children virtually as well as in the classroom setup.

Yoga is trending these days all over the world, and who doesn't know the unending benefits of Yoga. So do not think much, gear up and take the advantage of this Lockdown Period to add on a Certificate, which will give you a platform to run your own business from the comfort zone of your home as well as in schools later on.

OUR OTHER CERTIFICATION PROGRAMS

ONLINE TRAINING PROGRAMS

- Kids Life Coach Certification Program
- Parents Life Coach Certification Program
- Emotional Intelligence Certification Program
- Life Skill Facilitator Certification Program



STARTING 4TH AUGUST 2020

KIDS YOGA COACH
CERTIFICATION
PROGRAM



START YOUR OWN HOME BUSINESS



Registration Open



Vijiya Rohra, Master Trainer, MEQ Academy
Yoga Instructor with 8 years of teaching experience.

FROM

MERAVIGLIA EQ ACADEMY
AN ISO 9000-2015 CERTIFIED COMPANY
www.meqacademy.com | +91-9354525060



EQ Session

EMPATHY

ON 18TH JULY
FOR 14-22 AGE
GRP

*"Keep Learning new skills and
enhancing your knowledge,
because the day you stop
learning, you stop living!"*

Contact us

www.meqacademy.com

+91-9354525069

info@meqacademy.com

