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HEART AND MIND

A Monthly Newsletter of MEQ Academy

**v-ei
summit
2020**
10th & 11th OCT 2020

Brought to you by

EA Emotionalitytics & Co.
Pioneering in Human Engagement



Meraviglia EQ Academy
We deal with human emotions...

Supported by



V-EI-SUMMIT 2020

**INDIA'S ONE AND ONLY VIRTUAL EI-SUMMIT
HAPPENING ON 10th & 11th OCTOBER, 2020**

We are thrilled to announce that MEQ Academy Pvt. Ltd. has joined hands to host first ever Virtual EI Summit on 10th and 11th October 2020 in India with EMOTIONALYTICS and Co. which is a specialized HR Consulting Consortium that provides niche services in the area of Emotional Literacy.

The Event is one of a kind with two days full of inspiration, excitement and information. This event is dedicated to all hard-working Corporate-Professionals, Entrepreneurs, Teachers, Educators, Doctors and Innovators who are willing to enhance their EQ and add multiple benefits to their personal and professional growth. You will be able to enjoy a two day Knowledge Festival on the subject featuring **40 speakers** in all, 6 of them being leading international speakers. Come aboard for a sublime experience.

Visit Website - <https://megacademy.com/ei-summit-2020>

WHAT'S INSIDE THIS ISSUE

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[Download Brochure](#)

UPCOMING EVENTS...

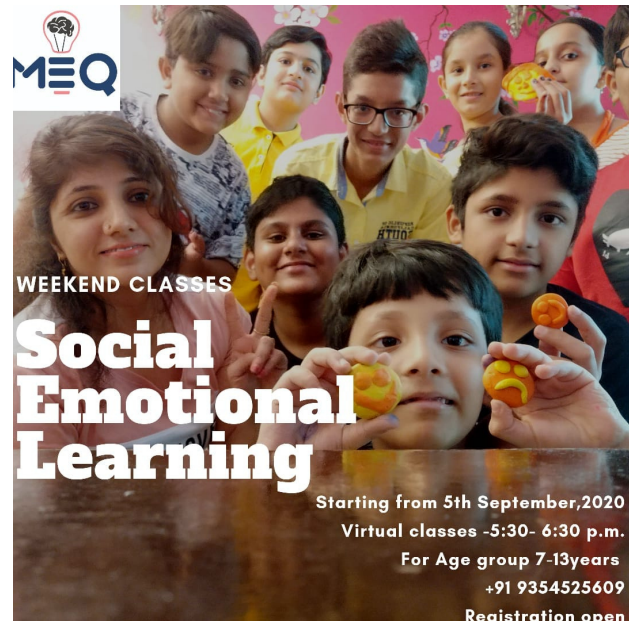
SOCIAL EMOTIONAL LEARNING PROGRAM

WEEKEND ONLINE CLASSES ON EVERY SATURDAY FROM 5 SEPTEMBER 2020

MEQ Academy has just started a new batch of SEL classes on weekly basis for the children of 7-13 years of age group. Social Emotional Learning skills are essential for children so they become confident, happy, empathetic and responsible humans. Let your children learn the skill from the comfort of their homes with our experienced Certified Kids Life Coaches.

Registration is open

<https://forms.gle/RUnaa8PavUkF3nMV8>



PARENTING SESSION

VIRTUAL TALK SHOW ON PARENTING

We are hosting a talk show on Parenting where the participants will get an opportunity to ask their most difficult situations and questions with our panelists to get solved their issues with their teenage children.

Our expert Panelists are - Ms Lata Singh Founder/Director MEQ Academy, Ms Abha Biyani Kids/Parents Life Coach and Ms Shan Singh Kids Life Coach

Registration Link-

<https://forms.gle/5skavxaJLfSKLf6T6>

LEADERSHIP

VIRTUAL SESSION FOR TEENS AND YOUNG ADULTS

MEQ Academy hosted a wonderful session on 'Leadership' on 22nd Aug, 2020. The keynote speakers were Mrs. Neerja Singh and Mr. Sikhar J. Saikia. The session was moderated by Lata Singh. Some key takeaways from the session were

1. If you are a leader then walk the talk.
2. Leadership is a relationship.
3. Respect time and be a responsible person
4. Accept and acknowledge the emotions.
5. Leadership requires emotional integrity.
6. Make continuous choices, leaders make choices and follow them.
7. Be courageous!



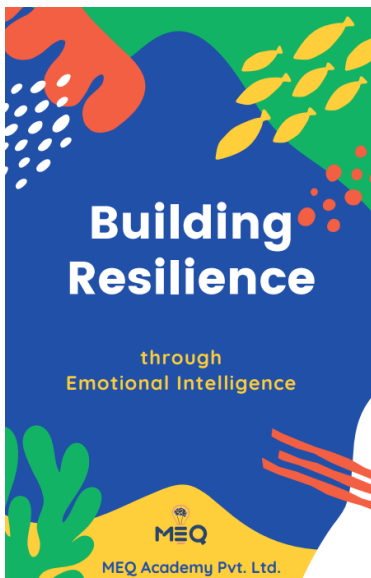
BUILDING RESILIENCE AT GLOBAL PEACE FOUNDATION INDIA DITU

Dehradun, Uttarakhand.

Ms Lata Singh an EI expert delivered a session for the students of Global Peace Foundation India DITU.

Overall a great learning experience for the young minds as well as the organizers.

MEQ Academy excels in providing EQ sessions for every age group.



**VISIT OUR BOOKSTORE FOR BUYING ACTIVITY BOOKS ON DIFFERENT EQ TOPICS
MINDFULNESS, BUILDING EMPATHY, BUILDING RESILIENCE, SEL AND MANY MORE..**

HAVE SOME FUN WITH EMOTIONS.....

Riddle time!

I have many, many emotions, but I'm not a physical person. What am I?

Ans- An Emoji



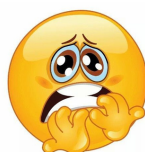
I can bring back the dead and a tear to your eye. A stir of emotions will follow close by. What am I?

Ans- Memories



My hands feel all wet, Sweat trickling like a dripping tap, But my mouth is as dry as a desert, I feel a bit jumpy And there is a lump in my throat, A bit like I'm going to cry ...What emotion am I?

Ans- Nervous



WHY SOCIAL-EMOTIONAL LEARNING IS IMPORTANT FOR TEACHERS

AN ARTICLE BY CHETNA SINGH, PROGRAM MANAGER, MEQ ACADEMY

SEL or Social Emotional Learning is the talk of the town. This topic has been debatable among the Educationists and the Board of Education who sets the curriculum for the schools under it that whether it should be kept as a part of the curriculum or not. It is an irony that in India lot many people are still only talking about its enormous significance and role in teaching, even so, it hasn't been incorporated as a part of the daily curriculum nationwide.

After deep introspection and a wider understanding of human development, our experts say that lack of social and emotional skills can derail you from your path and you may feel burnout and stressed with the work you may have been doing for many years. According to our Founder-Director Ms. Lata Singh, teachers who possess social-emotional skills are less likely to be enraged or furious even while dealing with the most notorious, mischievous, or misdemeanor act of a child. You know why? It happens because such teachers try to recognize the student's emotions and develop an insight of what may be causing that particular behavior, which further helps the teacher to respond in a compassionate way to redirect the child's behavior appropriately, instead of reacting instantly and giving any harsh punishment to the child which is not going to help in any way out.

SEL helps in creating a harmonious environment in the class where both teachers, as well as students, respect each other. Many skills like Mindfulness, Gratitude, Kindness, Empathy, etc. if practiced daily by the teacher have proven results in creating a much happier atmosphere and have equally helped in making the teaching-learning process really fun.

In SEL classrooms the teachers incorporate different methods of teaching wherein the more focus is given on problem-solving, powerful communication with each individual, teamwork, maintaining emotion journal, showing gratitude, and practicing Mindfulness as a daily routine.

To sum up, I would like to add that developing SEL skills not only help a teacher, it helps the students too in developing their emotional skills. It improves the teacher-student relationship as well, and help in being supportive and solving the conflicts effectively and easily.

SOME PARENTING TIPS WORTH TO FOLLOW...

PARENTING YOUR TEEN DAUGHTER

Living With a Teen Girl



- **Mood Swings:** An unusual behavior of your daughter might be a result of typical mood swing that teenager girls face during early adolescence. Researchers also say that most of the teenage girls show extreme variations in happiness and sadness levels.

What should you do?

Be Compassionate while dealing with your teen daughter and most importantly do not take her difficult behavior personally. Most of the time her behavior is the result of some chemical imbalance due to the release of hormones and the transformation period which she is going through.

- **Body image and Teenage Girls:** Social Media has created a Perfect Body Image among the teenagers so much that every girl wants to have the so called perfect body.

What should you do?

Communicate and Connect. Let her know that she is perfect, let her embrace her imperfections also. Help her in deviating her mind from excess use of social media towards discovering her own talents and capabilities. Be there with her so that she may share her insecurities as well as her achievements with you.

CERTIFICATION PROGRAMS

ONLINE VIIRTUAL TRAININGS

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

CONTACT US

WhatsApp - +91-9354525069

Email - info@meqacademy.com

www.meqacademy.com