

HEART AND MIND

THE OFFICIAL NEWSLETTER OF MEQ ACADEMY



V-EI SUMMIT 2020

Mearaviglia EQ Academy and Emotionalytics & Co.

On Oct 10th & 11th to commemorate 'World Mental Health day', Emotionalytics & Co and MEQ Academy joined hands to showcase India's Largest and unique EI Summit on an Online platform for the very first time, with an agenda of promoting 'EI for all'. The Summit was free for all; however, a prior registration was done to avoid the inconvenience. The Summit was also running on Facebook Live, hence around 500 people attended the V-EI Summit, 2020. The program started in the morning at 8a.m and ended up at 5:30 p.m. in the evening for the two consecutive days in a row.

This EI Summit aimed to bring Leaders, EQ Practitioners, Entrepreneur, Research Scholars, Life Coaches, Psychologists, Counsellors, Principals/Educators on the same platform to share their experiences, knowledge and insights on all the aspects of Emotional Intelligence. During the two days event, we invited around 40 National as well as International Speakers and panelists who are extremely proficient, skilled and well versed in their respective fields, to converse over all the facets of EI. They presented their interpersonal skills and importance of EI among the attendees.

A look inside this issue:

- V-EI SUMMIT
- POP-UP FESTIVAL
- SEL WEEKEND CLASSES
- TEACHERS TRAINING PROGRAM
- ANGER- MOST EXPRESSED EMOTION
- RIDDLE TIME
- CERTIFICATION PROGRAMS

v-ei summit 2020

10th & 11th OCT 2020

BROUGHT TO YOU BY



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SUMMIT OUTCOME

The V-EI Summit came out to be a Super Hit Event based on the feedback and reviews of the attendees. The audience was glued to their devices for 18hrs, so that they might not miss even a fraction of a minute to capture the essence of knowledge being provided by the experts. The learning achieved by the viewers provided them a sense of accomplishment.

The Topics being covered during the two days program were suitable enough to spread the awareness among the people about EI. Our eminent Speakers revealed an easy way of being Self -aware, self -motivated, empathetic, grateful and kind by practicing and embracing Mindfulness in our daily life. The experienced and learned EQ practitioners shared their wisdom through their own real stories and analogies on EI and bestowed the Importance of Social Emotional Learning to the audience which will definitely mark a difference in their lives.

The Summit itself was a complete package for the audience to learn each and every aspect of Emotional Intelligence right from practicing EI, Sales through EI, coaching and counselling through EI, learning Leadership during unprecedented times, Being Empathetic and optimistic, dealing with Uncertainty and also to having a concise knowledge on Artificial Intelligence. It was indeed a remarkable Summit, probably for each attendee and what more could one ask for in a short span of two days.

To know more about the upcoming events, please follow our VEI Summit 2021 FB Page.



GRATITUDE SPONSORS - GAPS DIGITAL

With immense pleasure we are grateful to our Gratitude Sponsor GAPS Digital Solutions for planting more than 55 trees in Karnataka and Uttarakhand in the names of our respected guests and speakers, -

Visit our V EI Summit Jungle

[Visit](#)

RELEASE OF COMPENDIUM

Mearaviglia EQ Academy and Emotionalytics & Co.



[V-EI SUMMIT- 2020 COMPENDIUM E BOOK](#)

We are delighted to announce the release of The Compendium for V-EI SUMMIT, which consist of 30 Articles, sequenced together beautifully in approximately 100 pages with a theme of 'EI for All'.

The Compendium will provide answers to all your questions that you might have had since long time about Emotional Intelligence and its varied range, for instance 'How EI can be beneficial in Sale?', 'How EI can help in developing Leadership qualities?', ' How EI can help in Being Empathetic?' and many more such queries will be solved through this single copy of Compendium.

Grab your copy by filling the form given below-

[Buy Now](#)

"Emotional Intelligence can be the Game-Changer to High Performance and Personal Leadership"



EMOTIONAL INTELLIGENCE

Learn EI through Activities

**We are
bringing in
some exciting
activities for
this month so-
Stay Tuned!**

SOCIAL EMOTIONAL LEARNING WEEKEND CLASSES

VIRTUAL CLASSES FOR CHILDREN

MEQ Academy has been conducting SEL-Weekend classes for children of 7-13 years of age group for the last two months. We have covered lot many topics under these classes like-

- Anger Management
- Patience
- Uncertainty
- Fear
- Setting Goals
- Intensity of Emotions
- Calmness
- Self-Awareness

SEL provides a foundation to the children for safe and positive learning, and enhances students' ability to succeed in schools, career, relationships and in fact whole life. The virtual classes give a freedom for the children to join from any part of the country as well as the whole world.

[Register](#)

*"It takes something more than Intelligence to act Intelligently"-
Fyodor Dostoyevsky*

Why Social-Emotional Learning Matters



TEACHERS TRAINING PROGRAM

SOCIAL EMOTIONAL LEARNING PROGRAM FOR SCHOOLS

MEQ Academy is doing a pilot project with the teachers of different Schools to equip them with Social Emotional Learning tools and techniques. This Teacher's Training Program will cover each and every aspect of SEL, and make the teachers empowered with the new skill which can be incorporated by them for teaching various subjects, hence making it more interesting and comprehensible to maximum number of students.

SEL is the need of hour and it is one of the three components of New Education Policy as well, hence it is essential to inculcate SEL as basic teaching aid.

If your School is still not an SEL School then you should come forward to register maximum number of your Teachers under our SEL Teachers Training Program to make a remarkable difference in the lives of your students as well as teachers.

MEQ **WICCI**

**SEL FOR SCHOOLS
TEACHERS TRAINING PROGRAM**

FIVE WAYS TEACHERS CAN INCORPORATE SEL IN THE CLASSROOM

SEL 1	MINDFULNESS
SEL 2	EMOTIONAL INTELLIGENCE
SEL 3	EMPATHY
SEL 4	GRATITUDE
SEL 5	ACTIVE LISTENING

CLASS PLANS AND MATERIALS ARE PROVIDED BY MEQ ACADEMY

CONTACT US FOR DETAILS!!!
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" Social Emotional Learning will provide a substance to your teaching method, it will help to develop competency skill, growth mindset, confidence and will help your students in being humans...."



ANGER – THE MOST EXPRESSED EMOTION!

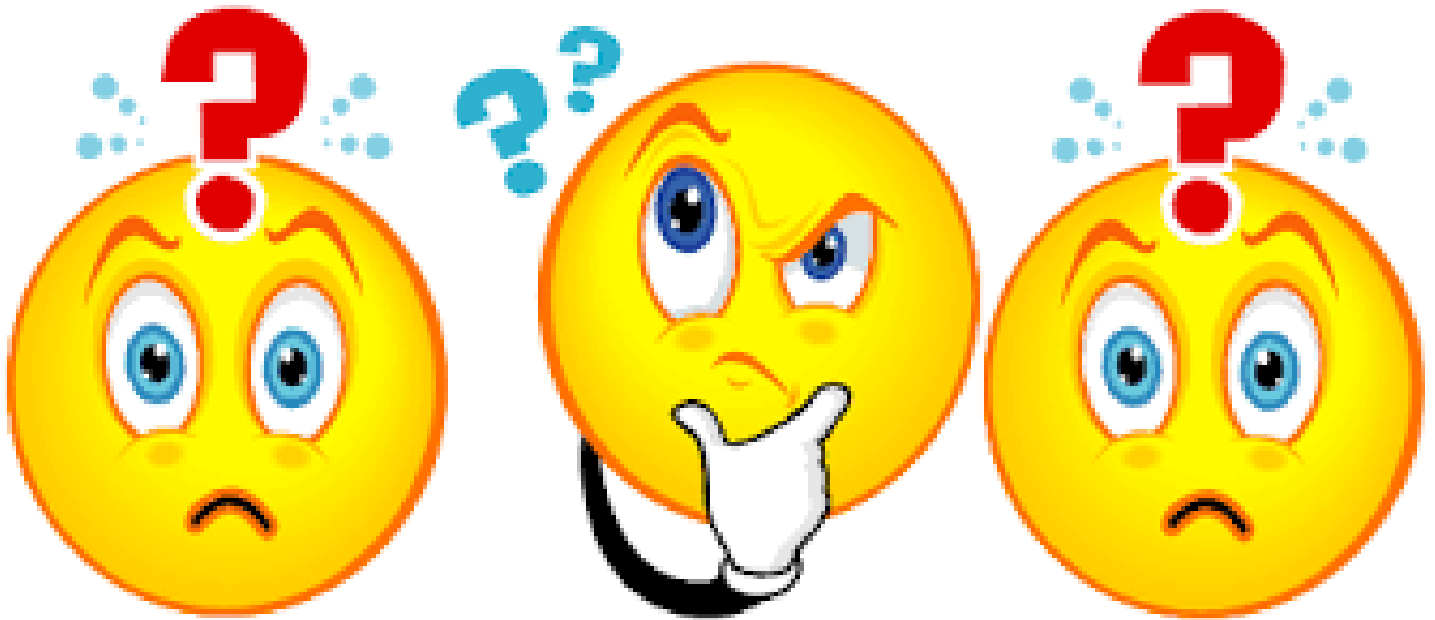
A Blog by Chetna Singh Program Manager at MEQ Academy

Humans have myriad of emotions, most of which are unfamiliar to be used. Among all the basic eight emotions anger is one such emotion which is felt widely and almost daily by most of the humans including even infants, children, teenagers, young adults, and old age people. Anger is a normal and even healthy emotion – but it's important to deal with it in a positive way. Uncontrolled anger can take a toll on both your health and your relationships.

A countless tips and methods pop up as soon as we search Anger Management tips on Google. But tell me the truth how many of us have even tried to practice these methods, despite that these tips being listed there are absolutely correct and proficient in managing one's anger issue. It is very essential to control the anger issue from an early age because it increases with time and age.

Getting to the point- Keeping your temper check is difficult, use simple techniques like asking few questions to yourself to know whether your temperament needs attention or not. Do you fume as soon as your child disobeys you? Do you get mad when someone overtakes you in traffic? If yes, then get ready to fight with your Anger issue by considering these simple and effective tips-

- Think before you act.
- Take a pause when someone makes you angry.
- Do not react to any situation rather try to respond later when your mind settles down.
- Once the emotion settles down talk about the reason that causes anger with a close friend or family member, however if it's not possible then write down the reasons in a diary.
- Break the pattern of going into an autopilot mode.
- Let the bygones be bygones- don't hold the grudge, forgive people and move on.
- Be grateful for the blessings you have- show Gratitude.



RIDDLE TIME!

Q-A prison you feel safe in, yet never quite happy. Whenever you try to leave, it only grows bigger.

Ans-Your Comfort Zone

Q-It starts off light and easy to bear, yet the more you carry it with you, the heavier a burden it becomes.

Ans-A Guilty Conscience

Q-We hurt without moving. We poison without touching. We bear the truth and the lies. We are not to be judged by our size. What are we?

Ans-Words



BECOME A CERTIFIED KIDS LIFE
COACH



From a wonderful house
wife to a successful
Life Coach...

CERTIFICATION PROGRAMS BY MEQ ACADEMY

ONLINE PROGRAMS

- Kids Life Coach Certification Program- Fresh Batch Starting from 18th Nov
- Parents Life Coach Certification Program.
- Emotional Intelligence Certification Program.
- Life Skill Facilitator Certification Program
- Kids Yoga Coach Certification Program.

[Visit Website](#)

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