

MARCH 2021 | VOL. 24



HEART AND MIND

THE MONTHLY NEWSLETTER OF MEQ ACADEMY



Social Emotional Learning help children in reaching New Horizons...

MEQ Academy

Social Emotional Learning helps the children to understand who they are, what they are feeling and what to expect from others. Social emotional development is essential, it influences child's self confidence, builds empathy, kindness, develops a sense of gratitude, increases growth mindset and enhances problem solving skill. SEL influences almost all the other areas of development.

It has now been proven that success requires EQ more than IQ. Our future generation must be trained in developing their social emotional skills to become a responsible, generous, honest, polite, and confident adult, in order to reach new horizons.

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Meraviglia EQ Academy
We deal with human emotions



Emotionalytics & Co.
Pioneering in Human Engagement



India's one and only

POSITIVE PSYCHOLOGY SUMMIT INDIA

14th February 2021

#veisummit2021

Positive Psychology Summit– 2021

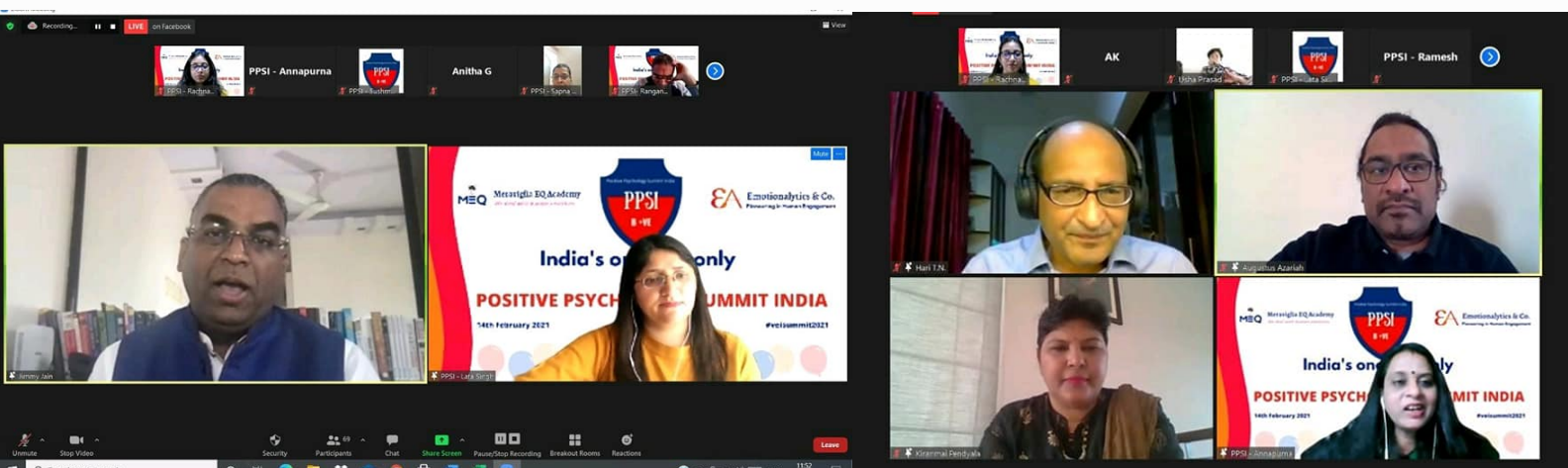
PRESENTED BY MEQ ACADEMY AND EMOTIONALYTICS & CO.

Positive Psychology is not just a subject to study, it is actually a way of living. In nutshell it focuses on the positive events and influences in life including happiness, joy, inspiration, love, gratitude, compassion, resilience and many more. Positive psychology teaches how to harness the power of shifting one's perspective to maximize the potential for happiness in many of our everyday behaviors.

MEQ Academy and Emotionalytics & Co hosted Positive Psychology Summit on 14th Feb which was par excellence and beyond imagination. To bring Renowned speakers on the same platform and hearing their valuable words of wisdom was an extraordinary experience.

If you have missed the show and really want to watch it, no worries, you may see the recording here–

[WATCH](#)





We are digging deeper into Social Emotional Learning Skills

JOIN OUR SEL WEEKEND CLASSES

SEL is a buzz word of the town, so many people are claiming to provide coaching and training programs in SEL, and it becomes difficult to identify the authenticity of the program.

MEQ Academy is the only one organization that is working perpetually and ceaselessly to create best programs and courses that are of International level.

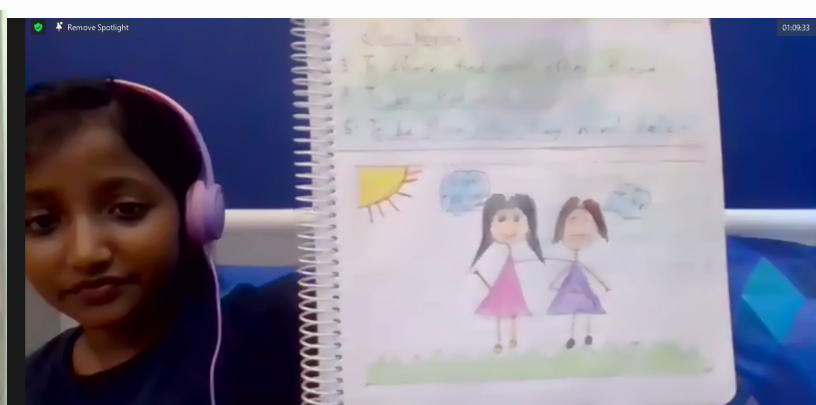
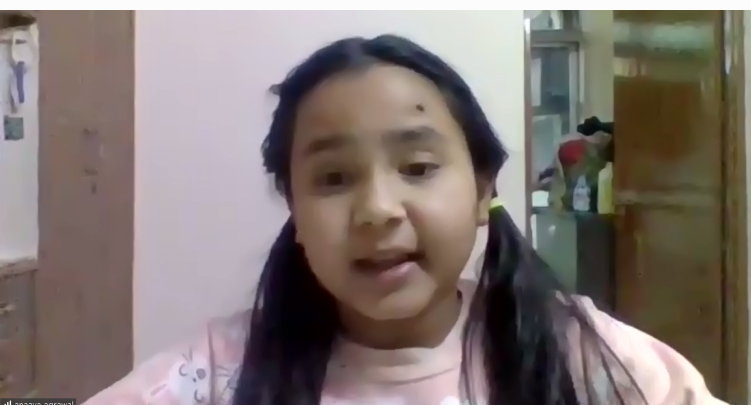
We are not only coaching children but also training teachers in Social Emotional Learning so that they may easily inculcate SEL in their teaching methodology.

MEQ Academy is currently running it's Social Emotional Learning Classes twice a month on Saturdays.

Earlier this month on 13th Feb we had a wonderful session on 'Friendship' wherein children came across the different ways to make new friends and also they discussed about the importance of friendship in their lives. With the help of story and activities they realized how important is it to celebrate friendship and learn the uniqueness and differences in each individual to accept each of them with love.

Register your kids today!!

REGISTER





www.meqacademy.com | info@meqacademy.com

SEL Teachers Training Pilot Project

Virtual Program

Meraviglia EQ Academy in association with Women's India Chamber of Commerce and India Elementary Education is doing a pilot project (SEL for Schools) to train the teachers on Social Emotional Learning Skills and making them ready to help their students and parents post pandemic.

We are happy to share that we are half way through our pilot with 31 teachers and our SEL educators and ambassadors are ready to teach the hearts along with the minds.

The SEL Teachers Training Program is exceptional and unique. It has all the required methods and tools to incorporate SEL program in any School. It is highly recommended for the School Educators/Teachers as I believe teachers impact the lives of our most vulnerable citizens daily. Educators are the second line of defense- second only to parents in a child's life, henceforth our Teachers seek to ingrain in our nation's children the most important life skill i.e. Social Emotional Learning in order to become successful and noble human beings.

Thank-you Teachers for taking a small step towards change!! It will bring a big difference in students' life



Dealing with Child's Anxiety



Jasmine Kaur
Kids Life Coach

2021 The year of Hope...



Komal Aggarwal
Kids and Parents Life Coach



Workshop for Parents

Parenting Session

with Komal Aggarwal and Jasmine Sahni Kaur

MEQ Academy conducts monthly sessions on Parenting to help the parents to overcome different issues which might pop-up in their lives at certain times.

Here at MEQ Academy we realize the fact that parents do get confused, anxious, stuck, and helpless at many situations when their children shows tantrums or outburst the anger.

On 27th Feb 21, an enlightening workshop was conducted for the parents by MEQ Academy on the topics- 'Dealing with Child's anxiety' and "The Year of Hope', by our eminent and inspiring Coaches- Ms Jasmine Kaur and Komal Aggarwal.

Ms Jasmine provided the parents necessary tools and techniques to deal with anxious child and also to refrain from passing on one's own anxiety to child. She presented distinct ideas to identify anxiety in toddlers and other age groups.

The session was thoroughly interesting and insightful.

On the other hand Ms Komal Aggarwal gave various tips on being 'Hopeful' post pandemic times. She executed few activities with the audience to provide them concrete ideas to overcome restlessness and despair caused due to pandemic among children and parents as well.

Both the speakers encouraged the parents to deal with their children using emotional intelligence as it can help you in managing almost all the triggering factors of the negative emotions.

For joining the next session in March you may register here-

REGISTER

"Parenting is not easy, but let's make it simple."

Ask Us HOW?

Activity Time

Let's be Patient!

Through this worksheet, let's try to identify the consequences of impatience and how we can be more patient.

What does it mean to be impatient?

Name 3 times when you were impatient.

What were the outcomes when you were impatient?

List 3 things you can do to be more patient.



Parenting Tips

What you should not expect from your children?

Stop expecting them to behave maturely even when they reach teenage. Instead try to understand their behavioral pattern and help them to work on their emotions.

Do not think that your lecturing may improve their habits, believe me it will bring a reverse effect. Instead be brief and show rather than tell.

Stop thinking that they would always act good. Instead make them understand the difference between 'good' and 'bad' from an early age.

To be unlike you- Remember children come from you and in some case, they can be an extension of their parents but often children are completely different individuals having their own traits.

Do not have a very high expectations about their marks, career, and future life. Instead always believe in your children and do the best as a parent to help them reach their goals.

Stop thinking that Competition with peer group will motivate them to work hard, not at all, it will in fact discourage most of the children even to perform at their own velocity, instead teach them to compete with their earlier self, trust me the results will be much better.



Coming Up....

Online Coaching Program

Kids Life Coach Certification Program- **New Batch Starting from 6th March 2021.**

Have queries about Kids Life Coach Certification Program??
Know about the whole program-

[WATCH](#)



DO YOU FEEL STRESSED OUT, CONFUSED AND WORRIED MOST OF THE TIME???

You may need an emotional coach to help you manage your emotions. Book an emotional coaching session today!

What are we offering-

- EQ Assessment
- Debriefing of Assessment
- Emotional empowering 1-2-1 coaching session

[BOOK NOW](#)



SUBSCRIBE TO MONDAY FREEBIES

Social Emotional Learning Activities



Did you know?

MEQ Academy offers free SEL Activities to educators, teachers, parents and individuals every week on Monday to help children learn about emotions and handling emotions.

Subscribe to our Freebies every Monday in your inbox!!!

WE HAVE 3000+ Subscribers around the globe who are learning SEL from these free activities...

Its FREE!!!

[SUBSCRIBE](#)

MEQ Certifications and Courses

Online Courses

- PARENTS LIFE COACH CERTIFICATION PROGRAM- STARTING IN MARCH
- MEQ SEL EDUCATOR TRAINING PROGRAM- NEW BATCH STARTING IN MARCH
- EMOTIONAL INTELLIGENCE CERTIFICATION PROGRAM
- EMOTIONAL INTELLIGENCE HIGHER EDUCATION INTERNATIONAL COACH CERTIFICATION- STARTING FROM 19TH MARCH

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