

JUNE 2019 | VOL. 03

Heart and Mind

Newsletter of the MEQ Academy

Workshop Theme of June 2019

Self-esteem

Self-esteem is person's overall sense of self-worth or personal value. Through our EQ workshop we are helping our kids to understand their own values and be proud of them.

These EQ workshops are being conducted by our Kids Life Coaches in New Delhi | Gurgaon | Noida | Indirapuram | Mumbai



From Our Advisor

Shri. T.S Dasila - Advisor
Retired Principal - JNV



I want to congratulate our coaches, clients, partners and readers in making this Newsletter - Heart and Mind a huge success.

Education is the hidden instrument in soul of human being which enables human to become true human. Efforts made by MEQ Team in bringing the best in children and adults are truly commendable.

Keep up the good work Team MEQ.

Thanks.

Our Star Coach of the Month - June 2019

Dr. Priyanka Tibrewala, Kids Life Coach, Mumbai, India



Dr. Priyanka is an Emotional Intelligence expert from Mumbai. She is hardworking, soft spoken and connects easily with kids and parents. She has been doing various emotional intelligence workshop, one to one sessions with kids and parents in Mumbai. We are extremely proud to have her in our Kids Life Coach community.

Congratulations Dr. Priyanka! You are our star coach of the month!

Connect with her via Email - priya0810@yahoo.com

EQ Workshops by our Kids Life Coaches

Kids EQ Workshop - Delhi | Mumbai | Dubai | Noida | Ghaziabad



Every month our Kids Life Coaches conduct interactive emotional intelligence workshop in schools, residential societies, activity centers, NGO and at homes.

Connect with us for more information about our monthly workshop or Kids Life Coach certification program.

Contact us at - info@meqacademy.com

Kids Life Coach Certification

Kids EQ Workshop - Delhi | Mumbai | Dubai | Noida

Become a Certified Kids Life Coach!!

Enroll by 30th June and get a discount of \$100 USD on the fees.

For details, visit - <https://meqacademy.com/kids-life-coach>

BECOME A CERTIFIED KIDS LIFE COACH

Help kids in achieving goals, happiness, success and well-being

One year Certification Course with guidance and training on a monthly basis. Also, you become part of Kids Life Coach community.

MEQ
Meraviglia EQ Academy

Emotional Intelligence Workshop for Teachers

Lovely Public School, New Delhi - 25 May 2019



Emotional Intelligence workshop for Teachers under the Social Emotional Learning program.

To gain trust of others we need to be trustworthy. In this EQ workshop we explored trust and how emotional intelligence can help us in building trust among ourselves and others.

For more Teachers workshops, contact us at -

info@meqacademy.com

Upcoming Events

EQ Cafe - Anxiety on 15 June 2019

Confidence Building Webinar - 19 June 2019



Social Emotional Learning Community

Lovely Public School, New Delhi



We are happy to announce that we have set-up our first SEL community in Lovely Public School, New Delhi.

Social Emotional Learning programs and activities focuses on developing skills in individuals. They are effective in helping to create safe and caring school environment and classrooms. SEL helps in being compassionate, respectful and supportive towards others. This kind of environments promote the emotional well-being of all Students, Teachers and everyone associated with the school.

Start SEL program in your school. For details please contact us.

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www.meqacademy.com



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