

JULY 2019 | VOL. 04

Heart and Mind

Newsletter of the MEQ Academy

EQ THEME - JULY 2019

Social Responsibility

Climate Change

SDGs13

Social Responsibility for Kids - #SDG13

Every month MEQ Academy pick up an important topic to teach emotional intelligence to children. This month our goal is to support Sustainable Development Goal 13 (#SDG13) by United Nations. We want our children to understand their responsibility at home and outside to make this world a better and safe place for every living being.

Join our coaches in Delhi | Mumbai | Noida | Ghaziabad | Dubai and learn EQ for Social responsibility.

COACH OF THE MONTH

Chetna Singh - Kids Life Coach, Delhi-NCR

Our star coach of July 2019 is Chetna Singh who is a Kids Life Coach and has been conducting social emotional learning programs in schools, societies and NGO's. She has been continuously working to spread the joy and awareness of EQ in children as well as in adults. Congratulations for your hard work and dedication. You are amazing!

She can be reached at chetna@meqacademy.com





TEACHER'S EQ TRAINING

Emotional Intelligence Training for Teachers

Our teachers are creators of our future, they shape young mind to become successful individuals and face the challenges of life boldly. But, at the same time our teachers also need motivation to continuously serve the nation.

Last month Lata Singh - our founder, director and master coach conducted emotional intelligence training for teachers in Gurukul International School, Haldwani Uttarakhand. For teachers to be motivated, it is important for them to create their goals and upgrade their skills on regular basis. The workshop was well received by teachers and administrative staff.

June 2019
TEACHERS'S WORKSHOP
 Emotional Intelligence

MINDFULNESS

Mindfulness workshop was conducted by Abha Biyani, Chetna Singh and Swetcha Pershad - Life Coaches in Raghubir Singh Junior Modern School, New Delhi.

It is extremely important for our teachers to be present in the moment and not carried away by the events happening in personal life. This skill help us to be in the moment and be calm and composed in any situation..



Mindfulness
EQ workshop



MOTIVATION

We at MEQ Academy are passionate about teaching emotional intelligence to teachers by conducting highly interactive workshops. Teachers learn by doing the activities rather than just listening. Our approach is learn by doing simple activities.

Please contact us for conducting EQ Workshop in your school.



KIDS EQ WORKSHOP

Emotional Intelligence Workshop by Kids Life Coaches

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

Chetna Singh, conducted series of emotional intelligence workshop for kids with topics like emotional literacy, empathy, self-esteem and gratitude. Kids enjoyed and learned how to be calm in difficult situation and how to help others.



SELF-ESTEEM

Self-esteem EQ workshop was conducted by Dr. Priyanka Tibrewala in Mumbai.

Self-esteem is overall sense of self-worth or personal value. Its important to have high self-esteem and through this workshop we tried to teach various techniques and tools to boost self-esteem and therefore increase self-esteem.



June 2019
SELF-ESTEEM WORKSHOP
Dr. Priyanka Tibrewala, Mumbai

SOCIAL RESPONSIBILITY

Social Responsibility workshop conducted by Swetcha Pershad in R.S.L.N.Saraswati Girls ' Sr. Sec. School, Delhi.

Kids learned how to become a responsible human being and have sense of responsibility at home, school and community.



Connect with us for more information about our monthly EQ workshop or to become a Kids Life Coach.



PARENTS EQ WORKSHOP

Emotional Intelligence Workshop by Parents Life Coaches

Every month our Parents Life Coaches conduct interactive emotional intelligence workshop for parents in schools, societies and homes.

Hina Rastogi conducted EQ workshop for parents and helped them understand the importance of emotions.

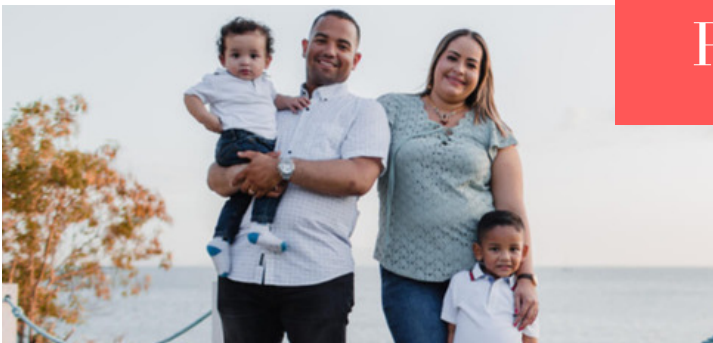


TRUST BUILDS RELATIONS



Trust EQ workshop was conducted by Dr. Priyanka Tibrewala in Mumbai.

Trust is a basic building block for any relation. It plays vital role in having good understanding with children and also with self. To gain trust we must be trustworthy. Parents had amazing insights about trust in this workshop.



PARENTS LIFE COACH

Connect with us for more information about our Parents EQ workshop or to become a Parents Life Coach yourself.

Parents Life Coach certification program is best suited for Life Coaches, Counselors, Soft Skill trainers and Trainers.

Become a Certified Parents Life Coach
 from
Meraviglia EQ Academy Pvt. Ltd.
FEES - 25000 INR
*10% off for MEQ Academy's Certified Kids Life Coaches



EQ CAFE - ANXIETY

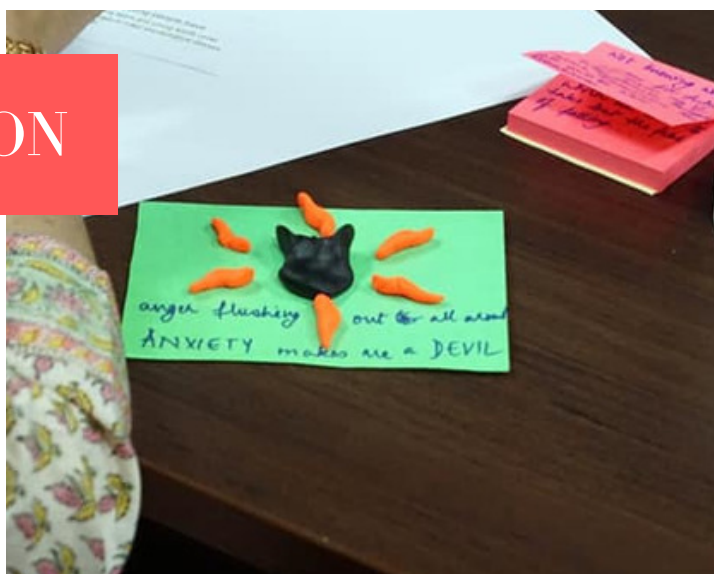
Emotional Intelligence Session - 15 June 2019

Every quarter we conduct EQ Cafe to spread the awareness of emotional intelligence through a 90 minutes EQ workshop for anyone who wish to practice emotional intelligence. This quarter the topic was Anxiety - designed and developed by Six Seconds - Worlds largest EQ network.

Lata Singh, who is a network leader for Six Seconds conducted the Anxiety workshop. Participants learned that anxiety can be positive emotion and can help us take actions to fulfill our dreams.

ANXIETY IS AN EMOTION

Anxiety is a normal and often healthy emotion. However, when a person regularly feels disproportionate levels of anxiety, it might become a medical disorder.



EMOTIONS ARE DATA



Contact us to be part of our next EQ Cafe on 14th September 2019 in Noida.

You can also join our Emotional Well-being group on Facebook to get a daily dose of your emotional well being.



SOCIAL MEDIA DETOX

Coaching Program Starting from 16th July 2019

Addiction to anything is bad... not only for your health but for your relationships and overall personality. Social Media is one such thing that has become new addiction for young and adults.

Get connected for a powerful one to one session with our Life Coaches who can help you get rid of social media addiction in just 3 weekly sessions.

Register here- **Social Media Detox**

SOCIAL EMOTIONAL LEARNING FREE PROJECT

We are happy to share that we have started Social Emotional Learning program in Janki Devi Vidyalay, Indirapuram Ghaziabad.

We will be providing free EQ workshop to the students every month.

If your school comes under NGO or Govt. grants, we will be happy to offer free EQ workshops.

Please contact **Chetna Singh** - Program Manager at chetna@meqacademy.com



Social Emotional Learning



CONTACT US

Stay updated on the most recent events and news of MEQ Academy through our social media accounts.

