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HEART AND MIND

Newsletter of MEQ Academy

SOCIAL EMOTIONAL LEARNING PROGRAM

Social Responsibility #SDGs13

MEQ Academy started Social Emotional learning Program in Maharaja Agrasen School, Ashok Vihar, New Delhi in the month of July. The workshop was conducted on 'Social Responsibility' under which the students were introduced to SDG goal 13, they learnt how to reduce the use of plastic bags by making their own paper bags. Lata Singh(Master Coach), Komal Aggarwal, Swetcha Prasad and Chetna Singh conducted the workshop.

Connect with us for more information about 'SEL program for Schools'.



SOCIAL EMOTIONAL LEARNING

Social Responsibility Workshop

Meraviglia EQ Academy | info@meqacademy.com



KIDS EQ WORKSHOPS

Gratitude - Abha Biyani & Dr. Sheetal Singh

Gratitude workshop conducted by Abha Biyani Kids & Parents Life coach and Dr. Sheetal Singh Kids Life coach in Vivekanand Public School, Indirapuram, Ghaziabad.



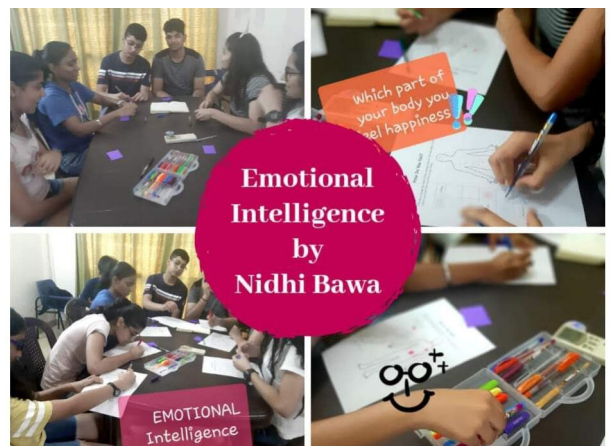
Social responsibility - Swetcha Pershad



Responsibility is a feeling that can teach us to be responsible citizens. Kids are equally responsible in making this world a happier place and they understood it well through the workshop.

Emotional Intelligence - Nidhi Bawa

Emotional Intelligence is being smart with feelings. With the help of this workshop kids learnt about different types of emotions and the way to handle them.



Self-esteem workshop - Dr. Sheetal Singh

In this workshop we explained self worth to the kids through the series of activities. Self esteem helps in building confidence among individuals which further help in accepting the challenges of the world.



Parents Workshop - Responsibility - Rosy Katyal



Parents were asked to be responsible as the citizens, to be more aware about the Climate change and its consequences. They were motivated to use paper bags instead of plastic bags. All of them gave their ideas and also pledged to contribute in planting trees, saving water, cleaning the surroundings and many more.

Trust Workshop

Trust is an emotion and its contagious too. Its a basic building block of any relationship. A very interactive and highly interesting workshop on 'TRUST' was conducted by Parents Life Coaches Chetna Singh, Abha Biyani, Komal Aggarwal and Dr Priyanka in Indirapuram (Gzb), Madhur Vihar (Delhi), Preet Vihar (Delhi) and Mumbai respectively.





The workshop was thoroughly enjoyed by the participants and they had a great learning.

Connect with us for more information about **EQ workshops for Parents**

SOCIAL EMOTIONAL LEARNING

Can we see an Emotionally Intelligent society in next decade?

Indeed this is a hard question to answer; nevertheless this can become a reality by taking small steps towards achieving it. MEQ Academy has a vision to provide Social Emotional Learning Program to each and every child beside their social and economical background. We are continuously trying to reach out NGOs, Government Schools, Schools for under privileged children ensuring to give free workshops to them. This will certainly help these kids to understand their worth in contributing for the welfare of the society.

Connect with us for more information about '**Free Workshops in NGOs and Govt Schools**'.



COACH OF THE MONTH

Nidhi Bawa- Kids Life Coach, Noida



This month our star coach is Nidhi Bawa. She is an enthusiastic, fun loving person. Nidhi has a charismatic personality which eases her to mingle with kids. She is spreading her love, awareness and emotional intelligence to the kids through various workshops in and around Noida and Delhi.

Congratulations for your achievements
Nidhi!

COACHING PROGRAM FOR KIDS

Individual Sessions for Kids

Young minds should always be shaped with care and love to bring out the best in them. MEQ Academy has started one on one sessions for kids with some most relevant topics that every child has to deal with. These sessions will definitely help the children to overcome their problems.



Register your kids for sessions today!

OUR PARENTS LIFE COACHES

It gives us immense pleasure to certify Abha Biyani, Komal Aggarwal, Hina Rastogi, Chetna Singh and Dr Priyanka Tiberwala as Parents Life Coaches. They have successfully completed their certification by doing one on one sessions and Parents workshops.

Connect with us for Parents Life Coaching Certification program

<https://meqacademy.com/parents-life-coach>



CONTACT US

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

