

# HEART AND MIND

Monthly Newsletter of the MEQ Academy

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## Why Emotional Intelligence is important for all age groups?

**CHETNA SINGH, KIDS LIFE COACH - MEQ ACADEMY**

Emotional intelligence is the key to happiness. Balancing one's own emotion is an art and those who know this art are most happy in the world. Emotions drive us throughout the life and at every age. Being emotionally intelligent make a person able to deal with the thick and thin of life. It's very important to know what emotion are you feeling and then naming it, as naming the emotion makes it easier to get over it. It's essential to take a pause when body feels any negative emotion, after deep breathing for few seconds the effect of that emotion reduces to a great extent which further helps in taking right decisions. Emotional intelligence comes with regular practice and can be increased by applying it on one's own self. EQ is the only thing which is highly recommended for each and every human being around the globe to make a peaceful living.



## SOCIAL EMOTIONAL LEARNING PROGRAM : BY MEQ ACADEMY

MAHARAJA AGRASEN PUBLIC SCHOOL, ASHOK VIHAR, DELHI

MEQ Academy's kids life coaches - Abha Biyani, Swetcha Persad, Chetna Singh conducted workshop on Emotions followed by a counselling session with the students of MAPS.

Kids learnt how to switch from one emotion to another one in order to balance them and to make good decisions in life.

Counseling session was taken in which kids shared their fears and anxiety about marks and tough subjects, our MEQ coaches gave them ideas to deal with it.

NPV GIRLS AND BOYS SCHOOL, AYA NAGAR, NEW DELHI

'Emotions' workshop was conducted by Kids Life Coaches - Chetna Singh and Hina Rastogi at NPV Girls and Boys School. Children are very expressive and they show their emotions in different ways. They need a little help in understanding their emotions.

The children were introduced with the names of different emotions and they were also being told to balance and control their emotions.

We feel so proud to help these kids in making their lives positive.

"Emotions make us human, denying them makes us beasts."

Victoria Kien







"As much as  
80% of adult  
success comes  
from  
Emotional  
Intelligence

Daniel Goleman

## EQ WORKSHOP IN MANTHAN:NGO

Manthansvk Badli, New Delhi

MEQ Academy is regularly conducting workshops in collaboration with the NGO Manthan at its different centers in Delhi and NCR.

This month approximately 70 students participated in EQ workshop on Emotions which was conducted by our well trained coaches Ms. Rosy Katyal and Ms. Nidhi Bawa.

They described emotions in an easy way through different fun filled activities. Kids enjoyed a lot and got acquainted with different emotions and their roles in our life

## EQ WORKSHOPS BY KIDS LIFE COACHES

Our esteemed Kids Life Coaches are working whole heartedly to provide Emotional Intelligence to maximum children, they are working in schools NGOs and societies.

### Kindness

Ms Swetcha Persad carried out an interactive activity based workshop on kindness with little children. Kindness is god gifted and it increases on sharing with others. Swetcha Persad explained it beautifully in her witty style.



MEQ Academy conducted a workshop on "Emotional Quotient" #BadliSVK #ManthanSVK #DJ



## Goals and Vision

Ms Rosy Katyal conducted a workshop on Goals and Visions in her society at Mayur Vihar, New Delhi.

Its very important to have goals in life, this is what she taught to the kids through various activities. Making goals is easy but achieving them in a certain time limit is tough. Kids were told different ways to achieve their goals and not to get deviated in the process of achieving it.

## Mindfulness and Self Esteem

Ms Nidhi Bawa who is placed in Noida worked with many students of different age groups right from 8yrs upto teenagers and College goers at different places in and around Delhi NCR, covering different topics of Emotional Intelligence through conducting workshops on Mindfulness and Self Esteem.

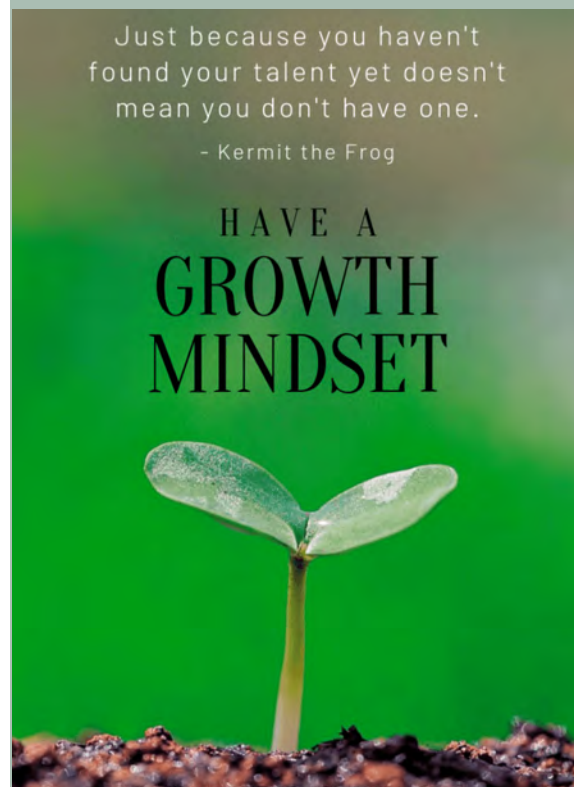
She gave her best to spread the knowledge of EQ among the youngsters.

## EQ Theme For October: Growth Mindset

Human minds are shaped by the thought process which lies within the brain, it takes years and sometimes a whole life time to change these thoughts.

MEQ Academy has brought a wonderful theme: 'Growth Mindset' for the month of October which is going to change the mindset from negative to positive, from closed to open and from fixed to growth.

Join our coaches in Delhi | Mumbai | Noida | Ghaziabad | Dubai and learn about Growth Mindset for the whole month.





# EQ Workshops in Schools: Growth Mindset

Vivekanand Public School, Indirapuram, Ghaziabad

Growth mindset is very important for children and through EQ workshop our Parents and Kids Life Coaches Ms Abha Biyani and Ms Chetna Singh taught children how to build growth mindset and why it is needed in every aspect of life.

Children were excited to get to know about mindset and its consequences in their daily life. They learnt how perception can be changed through growth mindset and things can really become less difficult. We also were assured by them that they will apply it in their lives from today onwards.

R.S.L.N Saraswati Girls Sr Sec School ,Delhi

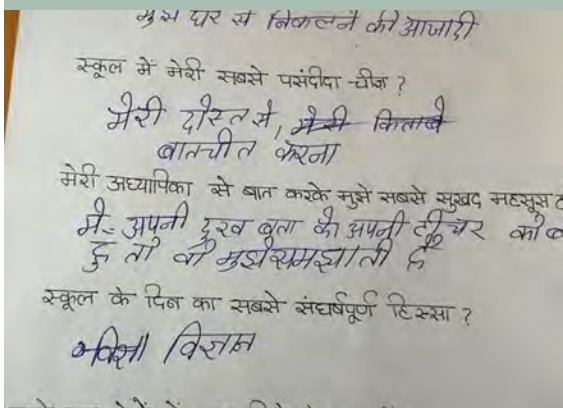
Growth mindset workshop was conducted by Swetcha Pershad - Kids life coach at R.S.L.N.Saraswati Girls Sr. Sec. School, Chandni Chowk , Delhi.

It's awesome to direct children from fixed mindset to growth mindset.

Girls were amazing and so enthusiastic to learn a new topic through EQ. They promised to put in growth mindset in all the situations of life not only in school but beyond it too.

## Why Schools should make Social Emotional Learning a part of their curriculum?

Social Emotional Learning program (SEL) is based on EQ which focuses on developing skills in individuals. They are effective and helpful in creating a safe and secure environment in schools. It develops harmony among the pupils and make them empathetic towards each other. It enhances their self esteem and confidence and they find a recognizable upgrade in their behaviour and grades too. SEL helps teachers also in balancing their emotions and taking better decisions in their personal and professional life.



# We Welcome Our Advisory Board Members

It gives us immense pleasure to introduce and welcome members of our Advisory board - Mr. Vasant Agarwal and Mrs Neerja Singh we feel blessed to have you in our Advisory board. Your experience will help us reach new skies.Welcome to team MEQ ☐

## Mr.Vasant Agarwal

A graduate of U.C.I.A with masters degree in Systems Engineering and an International I.S.C Diploma from Cambridge University, England. He was a Senior Management Consultant with E&Y in Los Angeles for many years in their health care practice and has lived in U.S for over forty years.He is an author, speaker and Consultant in the area of Emotional Intelligence.

## Mrs Neerja Singh

Neerja Singh is a former teacher/journalist, published author and a public speaker with a background in training and media having worked in advertising, public relations, documentary film making and feature journalism. She lives to learn and grow. Two skills she owns. She can write a mean copy and have an audience eat out of her hands.

## Few Parenting Tips

- 1.Accept Your child for the wonderful person he or she is..
- 2.Be a good role model in all you say and do.
- 3.Communicate respectfully and listen attentively to your child.
- 4.Discipline fairly, firmly and with love.
- 5.Encourage good eating habits.
- 6.Find ways to get and stay fit together.

Remember your child is a part of you. He/she is an individual human being so don't try to make him or her what you had dreamt of becoming.



"If you have never been hated by your child you have never been a parent."

Bette Davis



# MEQ COURSES AND CERTIFICATION PROGRAM

## Kids Life Coach: Certification

This online kids coach training will give you the practical tools for coaching children individually and gives access to the methodologies and systems of a proven Kids Life Coaching model. You will receive different activities and tools to coach the kids every month.

### Course Duration

Duration of Classes – 5 modules (once a week class) of 90 minute duration each followed by weekly assignment and study material.

For more information visit [www.meqacademy.com](http://www.meqacademy.com)

## Parents Life Coach Certification

If you love to help parents to build strong relationship with their children then this is the perfect certification for you. If you have worked as a counselor, coach, teacher, house wife or social worker, you may like to learn this skill of coaching parents. This is an online course.

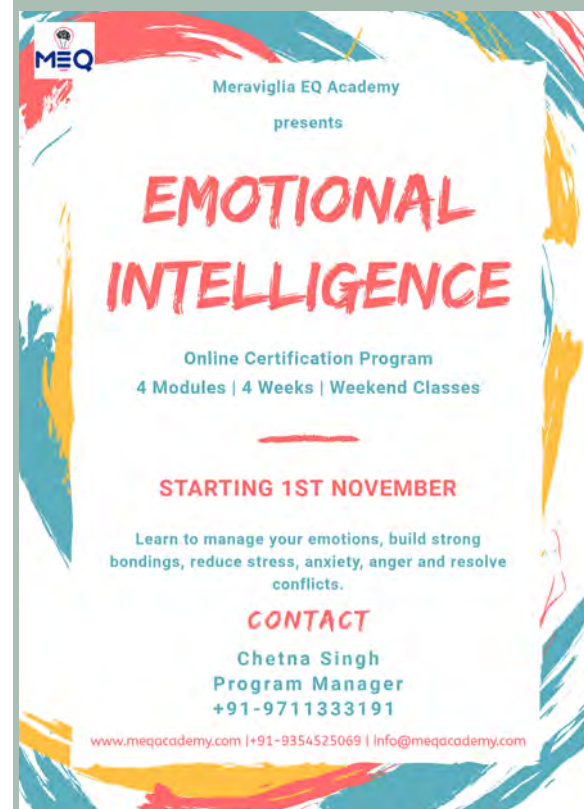
Duration of Course – Two Months 4 module | 4 weeks | once a week online class of 90 minute duration each followed by weekly assignment and study material. Assignment - One month of practice based in the course.

Visit our site [www.meqacademy.com](http://www.meqacademy.com)

## Emotional Intelligence Certification Course

MEQ Academy has launched a new short term course on Emotional Intelligence for those who are eager to learn and practice EQ.

This course will definitely change your perception for life. With regular practice of EQ one can become more self content, reduce anxiety and stress, improve relationship in personal and professional life and become smarter with his/her emotions



# Kids Coaching Sessions

## 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!

## CONTACT US

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

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