

November 2019 | Vol. 8

Heart and Mind

Monthly Newsletter of the MEQ Academy

EQ workshops

- Growth Mindset- MAPS, Delhi
- Gratitude- Aster Public School, Mayur Vihar, Delhi
- Gratitude- Guru Nanak Garib Niwaj, Delhi
- Emotions- Tulips Madhu Vihar, Delhi
- Coach of the Month

- Pop-up Festival- Children's Day
- EQ for Corporates
- MEQ Courses and Certification Program

Learn to become emotionally smart

By Chetna Singh

Life is a roller coaster ride, certainly with many rises and falls. Do you ever think, why some people get along easily with difficult situations of life where as some give up and face difficulty in balancing even small things in life? The answer is, lack of EQ in the latter one. People with high EQ can emerge out with toughest situations and take up the challenges of life quite well where as those having lesser EQ face difficulties.

A lot is being talked about being book smart but now the time has come where one has to become more emotionally smart than book smart.

EQ helps us in being emotionally smart as it works on the five aspects of Self -Realization which includes self - awareness, self- regulation, motivation, empathy and social skills.

EQ unlike IQ is not innate, it can be gained with lots of practice at any age. However it should be taught at younger age to make a happy and balanced forthcoming generation..

Practice EQ and learn to balance your emotions and be Emotionally Smart.

For more enquiry contact: www.meqacademy.com,
09354525069

SEL Program: Growth Mindset

Maharaja Agrasen Public School, Ashok Vihar, New Delhi-
By MEQ Academy

MEQ Academy was at Maharaja Agrasen Public School, Delhi for its regular monthly workshop with a very interesting topic this time entitled 'Growth Mindset'. Our MEQ coaches Ms. Abha Biyani, Ms Komal Aggarwal, Ms Chetna Singh took efforts to make the students understand what mindset is and what is the difference between fixed and growth mindset. Through different activities, children participated and shared their opinions about growth mindset. The session was followed by counselling in which they were being asked to share their problems. In all it was a great experience.

Gratitude

Aster Public School, Mayur Vihar, New Delhi-By MEQ Academy

Gratitude is the feeling of thankfulness towards others. The feeling of genuine gratitude opens the channels for more goodness to enter into our life experience.

MEQ team - Abha Biyani, Chetna Singh, Komal Aggarwal and Rosy Katyal conducted Gratitude workshop for the students of classes 6, 7 and 8 of Aster Public School, Mayur Vihar, New Delhi. We are truly grateful for the opportunity.



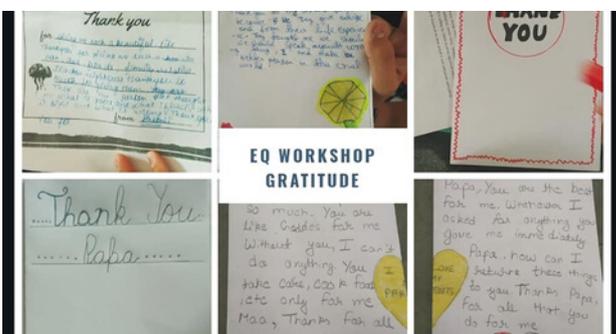
Growth Mindset Workshop



Growth Mindset Workshop



GRATITUDE WORKSHOP



EQ Workshop: Gratitude

Guru Nanak Garib Niwaj
Education School, Greater
Kailash 2, New Delhi.



GRATITUDE WORKSHOP
SOCIAL EMOTIONAL LEARNING



MEQ Academy got an opportunity to conduct a workshop with Class 10th students of Guru Nanak Garib Niwaj Education School. Ms Swetcha Persad, Ms Rosy Katyal, and Ms Nidhi Bawa conducted the workshop beautifully. Gratitude is a feeling that comes from within and when it is reflected towards the people who care for us it gives immense pleasure..

The students were enthusiastic through out the workshop and they definitely got a new vision in life to say 'Thanks' and pay 'gratitude' very often.

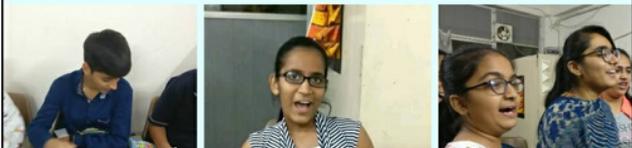
Emotions

Tulip, Madhu Vihar, New Delhi-By
Abha Biyani

Ms Abha Biyani Kids and Parents Life Coach conducted a workshop on 'Emotions' at Madhu Vihar, New Delhi. Emotions make humans different from rest of the living organisms hence it is important to balance them. When we name our emotion it becomes easy to navigate it. The excess of everything is bad and so is with emotions, whether it is positive or negative emotion it should not exceed to maximum level and this was taught to the children through various activities. They explored different emotions and learnt to switch from one emotion to another one.



Emotions Workshop
Exploring Emotions



Emotions Workshop
Can you guess the emotion?



Coach Of The Month: November

Abha Biyani- Kids and Parents Life Coach

Ms Abha Biyani Kids and Parents Life Coach is the star coach of this month. She is a very intelligent and talented lady, with a beautiful smile that easily win hearts. She is working for the benefit of children by regularly conducting workshops in Delhi and NCR, she is also providing counselling sessions to the individuals. Thank-you Abha Biyani for spreading Emotional intelligence among kids as well as their parents.

For more details contact us -www.meqacademy.com | +91-9354525069



Pop-Up Festival- November

World Children's Day#Unicef#6Seconds

We are excited to celebrate World Children's Day with UNICEF where we are reaching out more than 1.5 million children across the world.

MEQ Academy is the proud partner of Six Seconds a renowned organisation of U.S.

We will be organizing Pop-Up Festival in- Maharaja Agrasain Public School, Sanskriti School, Modern School and Aster Public School throughout the month of November.



EMOTIONAL INTELLIGENCE

#EQFORCORPORATE

WWW.MEQACADEMY.COM | +91-9354525069 | INFO@MEQACADEMY.CO

EQ for Corporate

Crystal Crop Production Ltd., New Delhi

MEQ Academy is excited to add a new milestone in its journey by entering the world of Corporate. We are heading forward with a mindset to set an example for the world by dealing with human minds.



We got an opportunity to conduct a workshop in 'Crystal Crop Production Ltd'. Over 60 employees attended the session of 90 minutes on a topic related to Emotional Intelligence entitled as 'Motivation'.

The purpose of the workshop was to motivate the audience to find out their motivation in life and to work in the direction to achieve their goals. The participants were young and energetic, they took part in each activity enthusiastically and shared their views and life experiences relevant to the topic.



The session also conveyed the knowledge of Emotional Intelligence to the participants and help them to understand the importance of handling emotions in one's life.

The Director Ms Lata Singh was the speaker of the workshop, who beautifully explained every part of the workshop with her wisdom and knowledge of EQ, she was assisted by our Coaches Ms Komal Agarwal and Ms Chetna Singh.

The employees of Crystal Crop were overjoyed after completing the session and wanted to have such more workshops in their organisations.

For more details contact us -www.meqacademy.com | +91-9354525069



Our Courses and Certification Programs

EMOTIONAL INTELLIGENCE Certification program

MEQ Academy is introducing an online certification program on Emotional Intelligence. This program is designed for each and every individual whether its a student, home maker or any working professional who wants to learn EQ and be emotionally smart.

For more details contact us -www.meqacademy.com | +91-9354525069

Become a Certified Life Coach for Kids

Kids Life Coach Certification

MEQ Academy provides an online certification program to become a Kids Life Coach. This program is beneficial for those individuals who are passionate to work for children and their welfare, anyone who has a teaching background is highly recommended for this certification course as it will provide them many tools and techniques to deal with students of every age, it will help them in teaching and making their students more bright. The program has total 5 modules(once a week class)of 90 minutes duration each followed by assignments and study material.



MEQ

Help children in achieving goals, happiness, success and well-being.

IQ is 20% of success while EQ is 80%

20% discount till 31st October 2019 only!!!

BECOME A CERTIFIED KIDS LIFE COACH

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



Meraviglia EQ Academy
www.meqacademy.com
info@meqacademy.com
+91-9354525069

Parents Life Coach

Online Certification Program

As we know Parenting is the most difficult task to perform as there is no certain rule or guide to follow, people find it difficult at every age of their child right from the birth till they become a fully grown up adults.

To deal with this we have professionals who help and counsel us and if you are passionate and want to help people around then this certification program is for you.

The program has 4 modules (once in a week) online class of 90 minutes duration each followed by weekly assignment and study material.

For more details contact us -www.meqacademy.com | +91-9354525069



MEQ

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

Kids Coaching Sessions

Individual Session For Kids

MEQ Academy provides individual sessions for kids of 9-17 years of age. In these sessions our coaches help the children to realize their problems and then give them many solutions to come out of them.

Under this coaching program we cover- Social Media Detox program, Anger Management, Dealing with Stress and Anxiety, Boosting Self- Esteem and confidence, Increasing Concentration and many more.



MEQ

SELF CONFIDENCE | TIME MANAGEMENT

INDIVIDUAL SESSIONS
MEQ Academy's Kids Life Coaches
Contact us
+91-9354525069

GOAL SETTINGS | SELF AWARENESS

AGE GROUP 9 YEARS PLUS

Contact Us

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

