

## WHAT IS SEL?

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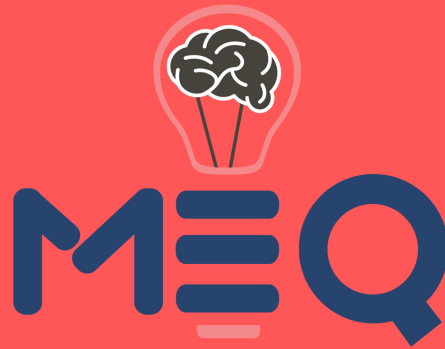
Social Emotional Learning skills result in improved outcomes in well-being, health, self-efficacy and school performance.

Integration of SEL into entire school community, including parents is the key to success. This is a three year program.

## BENEFITS OF SEL

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- Women Empowerment
- Covers Child Rights defined by UNICEF
- Prevent Mental Health Issues
- Work towards achieving Sustainable Development Goals



Meraviglia EQ Academy

**SOCIAL EMOTIONAL  
LEARNING  
TRAINING | WORKSHOP  
CERTIFICATION**

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### Contact Us

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**MERAVIGLIA  
EQ ACADEMY**

EQ FOR EDUCATION

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[www.meqacademy.com](http://www.meqacademy.com)

# SEL FOR TEACHERS

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The SEL training will equip teachers with SEL & Emotional Intelligence skills that will help them in having a better understanding with students and parents.

This training is done in phases in a span of 3 years. There are three levels-

Level 1 - Mindful Teachers

Level 2 - SEL Foundation

Level 3 - SEL Mastery

Teachers are our strength and without them SEL skills cant be imparted in children.



Teachers Training

# SEL FOR STUDENTS

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Just as a high IQ can predict top test scores, a high EQ can predict success in social and emotional situations. Our SEL workshops are focused on developing social emotional skills in children from age 4 to 17 years.

- Growth Mindset
- Emotional Literacy
- Goal Settings
- Self Confidence
- Gratitude
- Kindness
- Dealing with Bullying and much more...

# SEL FOR PARENTS

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EQ is a powerful set of learnable skills that can help us to become more aware, make better choices, and be more purposeful in our parenting.

- Building Trust
- Relationship Goals
- Practicing EQ in parenting
- Modern Parent's Toolkit
- Power of Pause and much more...



## Mindfulness Workshop

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SEL skills are the foundation for high-performing students, classrooms, and school.

For appointment, contact-

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