

# Building The Future

Life Skills, Transformational & Motivational Club



 *Happiness Pal*

Nurturing Growth, Spreading Happiness

in association with



# Overview of our program



Have you provided all vaccines to your child? Yes. Great! 😊

Did you include the vaccine for emotional and mental strength as well? NO..!!!  
That's exactly what we do. Life Skills (LS) course is a vaccine which enables your children to deal with any challenges in their life.

Just like exercise and nutritious food keep us physically fit and help us prevent or overcome any illness, LS keep us mentally fit and help us deal with any challenging situation in life which may otherwise knock us down.

Everyone faces some hurdles in their life, but we do not know when. To be prepared we need to constantly sharpen our LS. Through this program, help your child create a better life in future for him/herself. Ultimately, this will lead to his/her emotional, mental, social and professional growth.

World Health Organization (WHO) has also identified certain LS which help us deal with tough situations in our life, both personal and professional, which will ultimately lead to happiness.

**Our objective is to enhance children's LS for ever so that they are mentally strong, emotionally balanced, able to analyze and handle challenges successfully, grow and also help others grow.**

Each session is highly interactive engaging each child through brainstorming, inspirational & motivational story telling, videos, teambuilding activities, role plays and exchange of knowledge and experiences. We also provide personalized coaching, assessment and guidance, on request.

# Benefits



Value the relations

Holistic personality development

Higher Emotional Intelligence / Quotient (EQ)

Ability to deal with any situation in life

Improved self awareness, self-esteem

Value time and money

Transform to be successful



Better thinker

Express effectively

Handle criticism

Personal coaching

Assessment & guidance by a trained coach

Handle bullying

Resist peer pressure



# Introducing the topics



**Self-awareness:** Enabling child to identify their thoughts & feelings, accept, act accordingly. Enabling them to understand their interests, strengths, development areas to be a better person. Enabling them to take charge of themselves.

**Manage emotions:** Does your child lose temper often? Is he/she afraid of going to a dark room alone? Anger and Fear are also good emotions. Enabling child to identify, accept and manage these emotions appropriately without harming anyone.



**Empathy:** Enabling child to understand other person's feelings and educating them how to empathize. This helps avoid conflicts, build stronger relationships, improve communication.

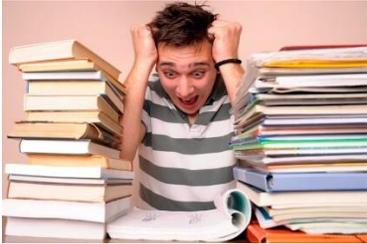
**Social media usage:** Is your child frequently on social media? Does he/she know the risks, precautions to be taken? This session will guide them to use social media responsibly, carefully.



**Time Management:** Understanding the value of time, managing it properly through planning & scheduling, identifying time wasters, learning to prioritize.



# Introducing the topics



**Study skills:** Does your child or yourself stressed out due to study / exams pressure? This session will teach them best practices to manage study load, plan well ahead, manage stress points.

**Communication:** Enabling the child to communicate effectively, express themselves clearly, listen properly, understand what others say. Thus improving their inter-personal relationships.



**Relations:** Enabling child to understand the significance of relationships with family & friends, and value them. Guiding them to shed inhibitions, interact with others pleasantly & effectively.

**Self-esteem:** Does your child feel low? Is he/she very aggressive or very quite? Helping child to understand their self-esteem and deal with put-downers and any low self-esteem scenarios.



**Self-confidence:** Building child's confidence to perform various tasks, learn new skills, deal with pull-downers and help boost their confidence level up.

# Introducing the topics



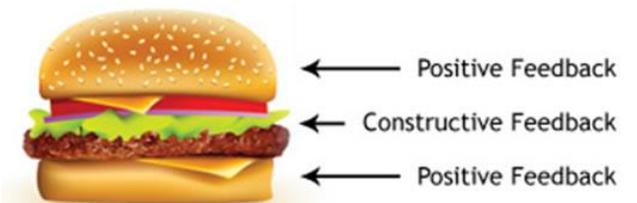
**Peer pressure:** Does your child demand what his/her friends have? Does your child compare him/herself with peers? We will guide them to resist and deal with peer pressure.

**Bullying:** Has your child being bullied or is a bully? We help them deal with the situation, guide them on what they can do if bullied, and build their self-esteem.



**Responsibility:** Is your child always blaming others? This session will educate them to accept responsibility for their own actions and be in charge. Instead of blaming others. Need to identify the problem areas and address those.

**Criticism:** Enabling child to handle criticism, respond effectively, analyse the comments and introspect. Also guiding them on how to provide constructive criticism to others.



**Creative and Critical Thinking:** Enabling child to analyse any problem situation, identify options, weigh pros & cons to take proper decision which helps them handle tough situations regularly





**Thank You  
and  
we look forward to have  
your child join our Club**