

Dr. Sapna's

Motivational Sessions for the Educational Institutes

FOR STUDENTS:

1. **Self awareness & Confidence building**
2. **Relationships and Emotional management**
3. **Preparing for life beyond the institute**
4. **Understanding and managing stress**
5. **You are the pole star**- Each one of us is unique and carries the light within, the need is to turn inside and see that light to make it burn brighter.
6. **The buck stops here**- Taking up the responsibility for our life is the first step to success.
7. **I am a professional**- Encouraging the students to practice being a professional right from the classroom.
8. **Mission happiness**- To guide the students towards a more meaningful and holistic life that goes beyond money, job and fast cars.
9. **Plan your life to plan your career**- Holistic and Effective career planning for all.
10. **Being human**- A session on the importance of positive emotions and relationships management

FOR PRINCIPALS AND HEADS OF DEPARTMENTS:

- a. Inculcating ownership among students and staff.
- b. Re orientation of the goals of teaching profession in 21st century.
- c. Mentorship programs.
- d. Role of senior staff in organization development.
- e. Bringing out the best in teachers and students.

GUIDANCE FOR GIRL STUDENTS:

1. **Being Woman:** Living in a world that challenges as well as confuses the essence of womanhood.
2. **Relationships and Emotions management:** While women speak of empowerment it is essential to empower themselves internally to live up to their fullest potential

MOTIVATION FOR TEACHERS

1. **From teaching to mentoring**- Time demands a lot more from the new generation and that is the cue for the change of role of the traditional teacher.
2. **The holistic teacher**- The roles of a teacher demands a lot from the person inside the teacher. A more holistic approach towards self is needed for higher quality of life.
3. **Teacher as a counselor**- Teacher is the first and most respected point of contact for the students. Adding counseling skills to teaching job can help the students go a long way.
4. **The curriculum called life**- In their journey the teachers have known a lot by virtue of experience. What can be added outside the course book to make it better for the students?

Website: www.thespiritualcounseling.com / www.dr.sapnasharma.com

Contact: 08446229088/ sapna@thespiritualcounseling.com