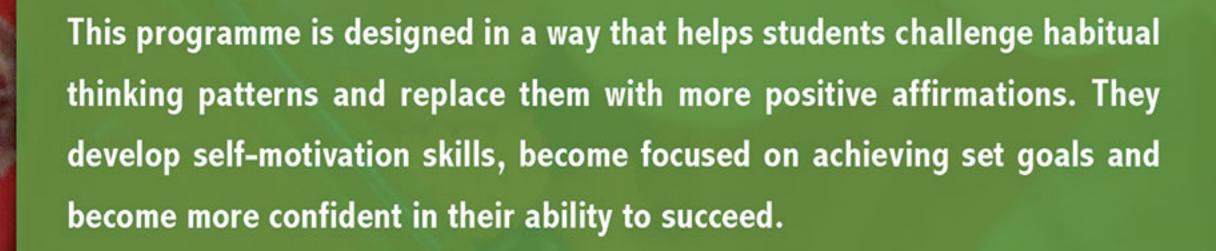


## Flow with Grace Center

Flow with Grace is a wonderful opportunity for me to connect with the beautiful children & empower them create their world filled with love, care & positivity. I am committed to help them and bring out the best in them. To help me with this objective, I have worked upon programmes that are based on the principles of Heal Your Life, by Louise Hay and other ideologies which will help students question their limiting belief systems & adopt a healthier, positive state of mind.

Anila Gada



The workshop is focused to increase resilience and concentration among students. The end results will impact students in maintaining a positive wellbeing & increase performance and productivity for optimal results.

Most visible results are:

- Self-Motivation
- Realizing the value of time
- Positive self talk
- Focus
- Increase Attention
- Anger Management

- Stress Management
- Increase emotional regulation
- Increase self-calming
- Increase social skills
- Increase self-esteem
- Increase quality of sleep

"I am happier than before, I am more confident than I used t



Heal Your Life workshop has multifold objective. The programme is designed in a way that it will benefit both the Teachers & the Students.

## **BENEFITS FOR THE TEACHER:**

- Teacher will become more aware of their impact on the intellectual development & life of the students.
- Learn how to teach using appropriate language, behaviours and techniques.
- Improve communication skills and relationship building process between the students.
- Know how to help students with their emotional and physical problems.
- Unblock patterns of thinking which we use on a daily basis.
- Feel more motivated and enthusiastic about the development of their work day by day.
- Have the tools that will enable them to organize their actions and assess progress.
- Learn the mental, emotional and spiritual life skills for balance and success in every area.
- How to help children learn and take control of their own learning process.

## **BENEFITS FOR STUDENTS:**

- Encourage students to take personal responsibility for their futures.
- Remove self-limiting beliefs and glass ceilings.
- Encourage students to develop self-motivation.
- Learn to challenge habitual behaviours & thought patterns replacing it with more positive ones.
- Students will be able to manage their own state of mind.

to be, I am more positive in whatever I do".

