

Positive Heart



Happy Minds



FLOW WITH GRACE



Beautiful Life

Children are the beautiful creation of the Universe. They are the blossoms of love, happiness and positivity. These blossoms are to be cared, nurtured & shaped well so that they grow into beautiful flowers.

Every child is Unique. She/he has the ability to do wonderful things to advance humanity when they're positively encouraged.

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

This programme is designed in a way that helps students challenge habitual thinking patterns and replace them with more positive affirmations. They develop self-motivation skills, become focused on achieving set goals and become more confident in their ability to succeed.

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 to be"



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”.



Heal Your Life Programme designed for students/ children's is a fantastic, dynamic and highly inspirational workshop that leaves students excited about their future and willing to put in the effort they need to succeed!



Anila Gada

Energy Transformation expert, Ambassador of positivity and wellness.

+91 - 9322274630 | anila@flowwithgrace.in | www.flowwithgrace.in

Flow with Grace, A-602, Ambika Darshan Sty, Kiroli Rd, Vidyavihar W, Mumbai 86.