

6 Day Growing Big

05 May 2025 10:00 AM - 10 May 2025 12:30 PM

Brief Overview:

In today's fast-paced business environment, leaders must cultivate strategic thinking to stay ahead of the competition. This workshop equips business leaders with essential skills to think critically, anticipate challenges, and make data-driven decisions that drive long-term success. Participants will learn to align organizational goals with strategic initiatives, fostering innovation and sustainable growth.

Session content:

• Day 1: Goal Setting

- Understand Goals: Learn the importance of goals and distinguish between short-term and long-term goals.
- SMART Goals: Create Specific, Measurable, Achievable, Relevant, and Time-bound goals.
- Action Planning: Break goals into smaller steps and track progress regularly.
- Adaptability: Embrace flexibility and adjust goals or plans as needed.
- Start Now: Begin setting goals and take steps towards achieving them to enhance life's experiences.

Day 2: Memory Enhancement Skills

- Memory Boosters: Learn fun techniques such as visualization and mnemonics to enhance memory.
- Concentration Mastery: Improve focus through concentration exercises and mindfulness practices.
- Wellness for Memory: Understand the importance of sleep, nutrition, and exercise in maintaining memory.
- Interactive Learning: Participate in memory games and challenges to reinforce skills and monitor improvement.

Day 3: Public speaking

- Understanding Public Speaking: Introduce the basics of public speaking and its importance.
- Communication Techniques: Teach effective verbal and nonverbal communication skills.

- Practice Sessions: Provide opportunities for children to practice speaking in front of others in a supportive environment.
- Confidence Building: Offer strategies to boost confidence and manage nervousness while speaking.
- Feedback and Improvement: Encourage constructive feedback and provide guidance for continuous improvement in public speaking skills.

Day 4: Personality & Attitude Building

- Self-awareness: Help children understand their strengths, weaknesses, and values.
- Communication Skills: Teach effective communication techniques for expressing thoughts and feelings.
- Confidence Building: Provide opportunities for children to build confidence through activities and challenges.
- Emotional Intelligence: Foster empathy and emotional regulation skills to navigate social interactions.

Day 5: Journaling for personal success (Based on Art craft therapy)

- Discover the power of journaling for personal growth and success.
- Utilize creative scrapbook techniques as a therapeutic outlet for self-expression.
- Students will engage in book making techniques to create their own personalized journals.
- Learn basic calligraphy techniques to enhance journal aesthetics and self-expression.
- Utilize calligraphy as a mindfulness tool for relaxation and emotional well-being within journaling practices.

Day 6: Showcasing and Celebrating Achievements

- Join us on the final day for a Special Showcase Session where our young talents take the spotlight to share the highlights of their transformative journey throughout the past five days!
- From mastering goal setting to refining public speaking skills, children have immersed themselves in a diverse range of enriching experiences.
- Through dynamic color art therapy, children have unleashed their creativity, finding innovative ways to express themselves.
- Through vibrant creations and newfound skills, children will proudly display the depth of their learning and personal development journey.
- Parents, don't miss this chance to witness first hand your child's remarkable growth and achievements.

For Whom:

•

Key Takeaways:

Facilitator profile:

Fee Details:

- **Fee Details**
- Member amount : Rs 4000.00- (Including 18%GST)
- Non Member amount : Rs 5500.00- (Including 18%GST)
- Total Member count :