



**DO YOUR STUDENTS HAVE THE
CONFIDENCE TO FLOURISH IN LIFE?**

Raise a resilient generation rooted in
the **SUCCESS AT LIFE™** program

www.lifeskillsexperts.com



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SUCCESS AT LIFE™ Curriculum

YOUR PROMISE IS TO DEVELOP A COMPLETE CHILD – ONE WHOSE ACADEMIC TRAINING IS COMPLEMENTED BY SKILLS AND VALUES THEY NEED TO BE CONFIDENT AND SUCCESSFUL IN LIFE.

OUR MISSION is to help you deliver on that promise by complementing a child's academics with the social, emotional and cognitive skills that prepares them for success in the real world.

Success at Life™ is a transformational program that is proven, innovative and based on international standards.

Over the last 3 years this program has benefitted children from leading schools across India.

WE CAN HELP

SELF-AWARENESS & SELF-ESTEEM

- Self-Appreciation
- Maximising Strengths
- Managing Weaknesses...

SOCIAL AWARENESS

- Respect
- Honesty
- Empathy...

SELF-MANAGEMENT

- Anger and Stress Management
- Dealing with Disappointment
- Positive Thinking...

RELATIONSHIP MANAGEMENT

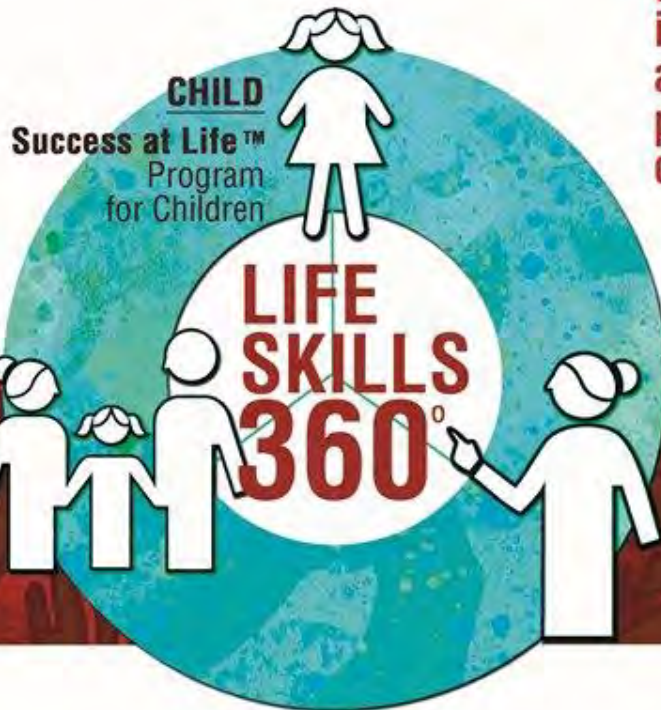
- Communication and Presentation Skills
- Teamwork
- Dealing with Bullying...

COGNITIVE SKILLS

- Problem-Solving
- Decision-Making
- Systems-Thinking...

SUCCESS AT LIFE™ uses interactive learning methods including individual and group activities, drama, videos, art and presentations to inculcate behavioural change in a fun and meaningful way.

The LIFE SKILLS 360° approach increases the efficacy and positive outcomes of the program



PARENT
Positive Parenting Workshops

TEACHER
Training and Life Skills Certification Programs

CALL

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Our Primary Services Reflect Areas of Greatest Need



Success at Life™ Program for Children

- ❑ **Self-Awareness** – Knowing my Strengths, Self-Appreciation, Managing Weaknesses, Build Confidence
- ❑ **Social Awareness** – Appreciating Diversity, Empathy, Respect
- ❑ **Self Management** – Positive Thinking, Resilience, Anger and Stress Management, Presentation Skills
- ❑ **Relationship Management** – Friendship and Communication Skills, Assertiveness, Teamwork, Bullying
- ❑ **Cognitive Skills** – Decision Making, Financial IQ, Organization and Goal Setting, Problem Solving



Transformational Teacher Training

- ❑ **Exclusive Life Skills Certification** – The complete Success at Life™ package - includes Teacher Training and Mentoring, Curriculum, Videos, e-Books and ongoing Assessments
- ❑ **Discipline for Success** – Learn and Practice Classroom Management Techniques
- ❑ **Stress Management** – Reduce Teacher Burnout
- ❑ **Towards Inclusive Education** – Identifying and Working with Special Needs Children
- ❑ **Understand the ‘Psychology’ of Students** – Bring Out the Best in Them!
- ❑ **Emotional Intelligence [EI] and Leadership Skills** – For Senior Teachers and Management

Positive Parenting™ Series

- ❑ **‘I Like Me!’** – Nurture Your Child’s Self-Esteem
- ❑ **Hear and Be Heard** – Communicate Effectively with Your Child
- ❑ **Scream Free Parenting** – No More Threatening, Screaming and Hitting!
- ❑ **Turbulent Teens** – Understanding and Partnering with Your Adolescent

Exclusive Life Skills Certification for Teachers



Teacher Workshops - Transformational Teaching through Success at Life™ - to train a core group of teachers [from grades 1-9] who have been identified as the '**Life Skills Facilitators**' for the Success at Life™ program

This offering includes:

- ✓ A 2-Day simulated Training Session, held twice during an academic year,
- ✓ A license to use the proprietary **Success At Life™** Program material, Worksheets and Additional Teaching Resources [posters, videos and e-books by the Trained Teachers,
- ✓ A *Life Skills Facilitator*' Certification will be awarded to Teachers who complete the program.

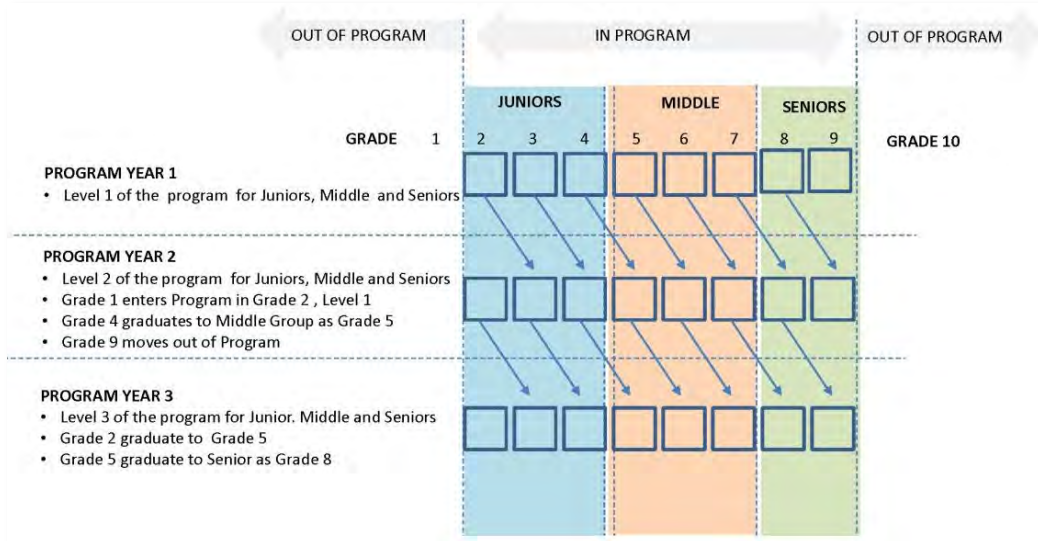




Exclusive Life Skills Certification for Teachers

The aim of this Teacher Certification Program is:

- To roll out the **Success At Life**™ program to all students from Grade 2 upwards through the Certified **Life Skills Facilitators** (teachers)
- To enable students to be ready to flourish and be confident in the real world by being rooted in the **Success At Life**™ Program
- To help the **Life Skills Facilitators** understand their teaching styles & personality and its influence on their role as teachers.
- To help **Life Skills Facilitators** identify the different learning styles of the students & address their key life events and developmental challenges
- To empower the **Life Skills Facilitators** to use Life Skills learning's in their own classroom interactions
- To conduct quick evaluations to determine the students understanding of Life Skills, and methods of interacting with Parents and addressing their concerns



Success At Life™ program roll out over three years – Illustrative example

Testimonials

from parents, children
and teachers

I see a definite change in my daughter's attitude, her willingness to think before acting, especially when it comes to expressing her frustrations. She is thoroughly enjoying the interactive class sessions and especially listening, learning and sharing with peers. Thank you!

Mrs. A. Bagchi, Parent of 12 year child (CJM, New Delhi)

I wanted to improve my confidence level and learn how to cope with my anger. I was feeling lost but thanks to the program I feel more in control now!

Ishita, Grade 8 (Success at Life Program Student)

Aparna was on our leadership team and led seminars on Human Development, Parenting and Emotional Well-Being. She approached all her assignments with professionalism, knowledge, and commitment. She is an effective presenter who is also self-motivated and caring.

Donald W. Tabler, Doctor of Ministry, UMC, New Jersey, USA

Aparna's workshop clearly hit the nail on its head. We are delighted with the success of our two day national teacher's convention and the star session was "Getting Fired Up About Teacher Burnout"

Hazel Siromoni, COO, Global Schools (SAARC region), New Delhi

The Teacher Life Skills Certification Training impacted teachers and students alike... an enriching experience as Teachers emerged from the workshop with a changed perspective. Teachers are now more inclusive in their attitude and don't judge children entrusted in their care. Eye-opening, introspective knowledge that also helps in day-to-day dealings with parents and students.

Shamita Bhattacharya, Principal, St. Andrew's School, Hyderabad

Aparna's Teacher Leadership workshop was very uplifting and informative... a knowledgeable, enthusiastic, dedicated and one-of-a-kind speaker who gets the work done with finesse! Her ability to connect to a variety of personalities, cultures, and ages is a true gift!

Mukta Sharma, Principal, Maple Bear Early Learning Centre

Schools

from where children have
experienced Success at Life™

NCR (DELHI-GURGAON)

- ✓ Convent of Jesus & Mary, Delhi
- ✓ Vasant Valley School, Delhi
- ✓ The Shri Ram School, Gurgaon
- ✓ St. Columba's School, Delhi
- ✓ Excelsior American International School
- ✓ St. Francis School, Dwarka
- ✓ St. Mary's School, Dwarka
- ✓ Mt. Carmel School, Dwarka
- ✓ Maxfort School, Dwarka
- ✓ Manav Rachna International, Gurgaon
- ✓ Bal Bharti Public School, Dwarka
- ✓ Nirmal Bharti School, Dwarka
- ✓ Pallavanjali, Gurgaon
- ✓ Amity International, Gurgaon
- ✓ Delhi Public School, Gurgaon
- ✓ Heritage School, Gurgaon
- ✓ Delhi Public School, Dwarka
- ✓ Somerville School, Vasundra Enclave
- ✓ Ridge Valley School, Gurgaon
- ... and more

CHENNAI

- ✓ Bhavan's Rajaji Vidyashram
- ✓ Chennai Public School
- ✓ Chinmaya Vidyalaya
- ✓ DAV Boys School
- ✓ DAV Girls School
- ✓ Maharishi Vidya mandir
- ✓ SBOA
- ✓ The Schram Academy
- ✓ Velammal Matriculation
- ✓ Velammal Vidyalaya
- ... and more



APARNA SAMUEL BALASUNDARAM PARENTING & CHILD EXPERT FOUNDER, LIFE SKILLS EXPERTS



Aparna is a USA-licensed and Award- Winning Clinical Psychotherapist and Life Skills Expert with 18+ years of Global experience (10 years in the USA).

She is a graduate of premier institutes, has appeared in numerous articles and been featured at international conferences.

QUALIFICATIONS

MS - Management of International Non-Profits, NYU,
(New York, USA)

Clinical Certifications - Rutgers University, (New Jersey, USA)

Licensed Clinical Psychotherapist (New Jersey, USA)

M. Phil - NIMHANS (Bangalore, India)

MSW - TISS (Mumbai, India)

AMRITA SAMUEL HUMAN DEVELOPMENT EXPERT DIRECTOR, LIFE SKILLS EXPERTS



With over 15 years of experience in senior HR roles, most recently as Assistant General Manager, Amrita has honed her skills in developing leaders and executives at companies such as Wipro Technologies and Murugappa Group.

She leverages her passion and proven expertise in nurturing and unlocking potential, to help children grow in confidence to be their best.

QUALIFICATIONS

MA - MSSW (Chennai, India)

PAPI Assessor [Personality & Preferences Inventory]
- Singapore

BLHP - Indian Society for Applied Behavioural Sciences.