



ATMA EC ADOLESCENCE

Modules designed with Compassion to Empower the modern Adolescents

Adolescence is generally a period of stress and strain, both for the young adults, and the elders committed to their well being. With the fast - paced changes of a globalised world, the challenges of adolescence are increasing in number and complexity. ATMA strives to address these challenges from a training perspective – to inspire the youngsters towards better achievements, so that they can overcome their problems and harness their possibilities for a bright future.

ATMA offers a set of workshops for senior students (Std IX – XII) by a faculty team led by C K Suresh, Director, ATMA. An expert trainer and Performance Coach, he has rich practical experience in counseling and interventional social work among youth – which makes him the ideal person to handle these sessions.

1. ADOLESCENCE - FANTASY V/S REALITY

The one- day workshop will help the students to

- channelize their potential towards academic & life goals
- develop suitable learning strategies
- differentiate between Dreams, Fantasy & Reality
- understand the peculiarities of adolescence
- anticipate and avoid the pitfalls and traps
- develop effective communication with parents
- maintain healthy social relationships
- understand the impact of peer group influence in decision making
- make one's own decisions and take responsibility for them



2. GOAL SETTING & CAREER PLANNING

½ Day Workshop where the student gains insights on

- Understanding own needs
- Defining goals with clarity
- Setting SMART goals
- Outcome frame
- Integrating academic, career and life goals
- Overcoming internal and external barriers
- Basics of Career Planning

3. EC LEADER

1 or 2 day workshop on Leadership. Topics covered include

- Understanding own strengths
- Attitude Build Up
- Goal Setting
- Team dynamics
- Effective Communication
- Presentation Skills

4. Hi EXAM!!

½ day Workshop on Facing Exams with Confidence. The areas addressed include

- Creating a winning attitude
- Interest investment
- Time Management
- Learning Strategies
- Multi sensory learning approaches



5. I LOVE YOU

½ Day Workshop on Relationships. The session helps the student to

- Appreciate the need and value of good family relationships
- Understand the depth and dimensions of real love
- Create meaningful relationships in the family and among peers
- Avoid traps and pitfalls of unhealthy relationships