



ATTITUDE TRAINING & MANAGEMENT ASSOCIATES

Centre for Individual & Organisational Excellence
Surya Gardens, Paliyam Road, Thrissur Ph: 0487-2325232, 9400995232

ATMA TEACHER EMPOWERMENT LABS

In a fast-changing globalised world, the needs of the student is also evolving at a fast pace. The typical adolescent is living in a psycho-social and technological environment that is very different from the one his teachers or parents were used to. Adapting to meet their changing growth needs is a challenge before every teacher, and requires new attitudes and skill sets. The person behind the teacher also needs to be addressed- the teacher has to find harmony in his/her own personal life, relationships and aspirations. Only then can she/ he become a true change agent in the student's life.

ATMA Teacher Empowerment Labs are based on the concept of 'Living in Harmony'- a practical philosophy of intrapersonal and interpersonal integration for effective living. They provide the teachers with the knowledge, skills and attitudes required for personal growth and to inspire positive transformation in the student.

Different modules of ATMA Teacher Empowerment Labs are listed below. The modules can be reframed according to specific training needs of the institution.

1. MENTORING ADOLESCENTS

To empower the teacher to effectively address the needs of adolescent students

- Adolescence : Peculiarities
- Fantasy v/s Reality – the adolescent's world
- Academic Achievement & Emotional Issues
- Traps & Pitfalls
- Teaching v/s Mentoring
- Attitudes & Skills for Intervention

2. POWERFUL TEACHER

To empower the teacher as an individual by focusing on Vision, Attitudes, and Self Management Skills

- Role v/s Person
- Personal Happiness & Teaching Effectiveness
- Harmony in relationships
- Work-life balance
- Managing Stress

3. EFFECTIVE PRESENTER

To integrate powerful presentation skills to the subject expertise of teachers

- Communication
- Intrapersonal Coherence
- Confidence
- Multi Sensory Learning Approaches
- Sustaining learner interest



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4. APPRECIATIVE INQUIRY FOR TEACHERS

An experiential programme focusing on strengths rather than the 'broken'

- Adopting a Strength- finding approach
- Potential Discovery & Capacity Building in the teacher & student
- 'Problem' frame to 'Outcome Frame: Perceptual shift
- Creating a Win- win situation for teacher & learner
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5. LD – STEP 1: (Basics of Learning Disability Identification & Management)

Basic understanding of the learning difficulties will help the teacher to plan class room instruction more comprehensively.

- Identifying LD
- Basics of remediation
- Planning inclusive classroom instruction
- Inspiring student achievement
- Interactions with parents & remediators

6. BASIC COUNSELLING SKILLS

Basic understanding of the concepts and practice of Harmony Counselling – an approach developed by Mr C K Suresh, Director, ATMA- to enable compassionate intervention by the teacher in addressing adolescent issues in the school setting.

- Understanding adolescence
- Counselling: Approach, Attitude, Skills
- Traps & barriers
- Referrals & professional interventions

7. NLP FOR TEACHING EFFECTIVENESS

Application of Neuro Linguistic Programming in Teacher – Learner Interactions

- Basic Understanding of NLP and its techniques
- Using the right brain in learning
- Addressing belief systems
- Building and breaking rapport
- Learning to use the right language patterns
- Removing fears and phobias
- Anchoring confidence and hope
- Building up resources for the teacher and students.