

TEEN DYNAMICS

What every teenager needs to know as a stepping stone towards various challenges that they would encounter in life.

Program Overview:

Low Self Esteem! Depression! Negative Attitude! We have designed this workshop keeping in mind these essential topics for teenagers in these fast changing times. Counselling will be provided by our psychologist on issues relating to suicidal tendencies, depression etc.

We will also be addressing essential topics of high value such as:

- Smart money management, teaching you to effectively utilize your finances even before you start earning!
- Career guidance offers guidance on various careers and professional courses to essentially make a right choice in your careers.
- Essential life skills such as Adolescent Education covering sensitive subjects like healthy relationships, sex education etc.

Who should attend?

Teenagers especially in the age group 16 – 19 years, senior school, pre-degree level students will greatly benefit from this programme.

How will this benefit you?

Currently, there is a rise in increase of crimes by teens, increasing number of suicides, depression, unhealthy relationships, teenagers irresponsibly handling finances, teens confused about future careers etc. This workshop aims to train and nurture these problems in a basic and systematic way. Colleges, Parents and institutions would find these courses nurturing young teens in a fruitful and effective way.

What topics are covered?

CHARACTER IDENTIFICATION	SMART MONEY MANAGEMENT	PSYCHOLOGICAL COUNSELLING
<ul style="list-style-type: none"> • General Attitude • Behavioral expectations • General Etiquettes 	<ul style="list-style-type: none"> • Factors affecting you money • Various money spenders • Effective utilization of money 	<p>Counselling on:</p> <ul style="list-style-type: none"> • Suicidal Tendencies • Dealing with Depression • Dealing with Low Self Esteem • Anger Management
ADOLESCENT EDUCATION	CAREER GUIDANCE	
<ul style="list-style-type: none"> • Developing Healthy Relationships • Sex Education* <p>(* Subject to Approval from Institutional authorities/parents)</p>	<ul style="list-style-type: none"> • Various Career Options • Guidance Counselling 	