

Motivation and Strategy Workshop for Aakash Students



Peakmind

Powered by Peakmind

1 Mood Matters: Understanding Emotions Made Easy

This workshop will help you understand your emotions better and learn simple, practical ways to manage intense feelings effectively.

6:00 pm – 7:00 pm

05th April, Sun

08th April, Wed



2 Overthinking: Switch Off Your Busy Mind

Learn how to identify overthinking patterns and take control of your mind with easy techniques to calm the mental noise.

6:00 pm – 7:00 pm

19th April, Sun

22nd April, Wed



3 Beat Exam Stress Before It Beats You

This workshop will help you understand exam stress and learn simple techniques to stay calm, focused, and confident.

6:00 pm – 7:00 pm

29th April, Wednesday



Other ways to join
peakmind.in/aeslinfo



Our sessions are designed and delivered by **PeakMind Coaches** – Experienced student counsellors & mentors, qualified in the field of psychology

[AESL Workshop](#)



SCAN TO JOIN