

Motivation and Strategy Workshop for Aakash Students

Powered by Peakmind



Peakmind

1 Speak Up: Build Confidence & Express Yourself

To help students improve self-expression, deal with shyness, and speak with clarity and respect.

6:00 pm – 7:00 pm

05th July, Sun

08th July, Wed



2 You Are Not Your LIKES: Social Media Without Stress

To help students be empowered with practical strategies to handle social media usage and online communications and boundaries.

6:00 pm – 7:00 pm

15th July, Wed

19th July, Sun



3 Overthinking Out! How to Clear a Busy Mind

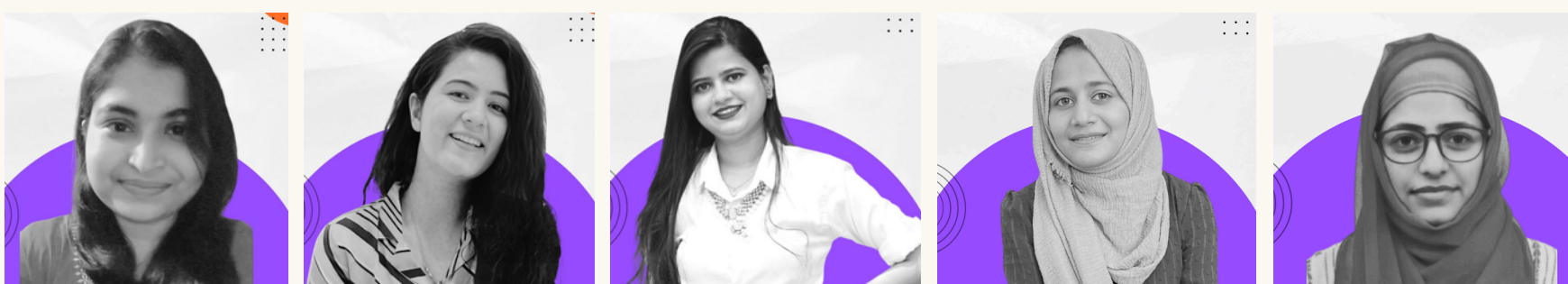
To help students understand and learn about overthinking and strategies to overcome it.

6:00 pm – 7:00 pm

22nd July, 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