

# PERSONAL GROWTH

*There is no better way than to develop yourself*

For Tweens, Teens & Young Adults

## *I, Me, Myself*

- Who am I?
- Develop Self Image.
- Enhance Self-confidence.
- Boost Self-Esteem.
- Develop Mindfulness.

## *I am in Control*

- Understanding how Tween, Teen Brain functions.
- Managing Mood Swings.
- Dealing with Hormonal Changes.
- When & How to Say a "NO"

## *Hello World!*

- Effective Communication Skills.
- Break Communication Barriers.
- Dealing with Virtual Relationships.

## *Mindful Social Media*

- Dealing with Cyber Bullying.
- Safety while using Laptops & Mobile Phones.
- What and How much to share.
- Effects of casual Internet presence.