



# *Energising Wellness™ Program*

*Enriching Mind, Body, & Soul*

## **SENSITISATION PROGRAMS**

to cultivate values of equality, safety & sensitivity amongst the students

**1**

### **GIRL TALK**

Workshop for mother & daughter  
For students of Grade 5th-8th

**2**

### **GUY TALK**

Workshop for father & son  
For students of Grade 5th-8th

**3**

### **CYBER SECURITY**

Things you fear and are afraid to ask. For 21st  
Century Learner

**4**

### **SAY SOMETHING; SAY SOMETHING**

A comprehensive program to develop Safety Skills  
amongst students

**Duration of sessions: 1hr 30min**



*Developing People, Inspiring Lives*

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