



Teach From Home

01

Our Focus

- Increase Productivity Quotient
- Enhance Emotional Wellbeing

02

Methodology

- Online & Offline Training
- Presentations
- Role-plays, Audio-Video

03

Duration

24 hrs

04

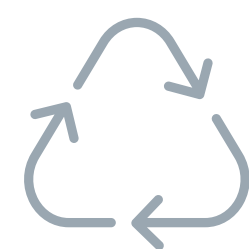
Benefits

- Work-Life Balance
- Mindful & Impactful Teaching
- Effective engagement with students
- Professional engagement

05

Modules

- Understanding Student Mind
- Virtual Communication Etiquettes
- Time Management & Organisational skills
- Emotional & Mental Health
- Relationship Management
- Know your Digital Footprints & Cyber Security



Designed for Teachers Teaching Online

 **Energising Wellness[®] Program**
Enriching Mind, Body, & Soul



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