



PERSONALITY DEVELOPMENT SESSIONS WITH COMMUNICATION SKILLS

Budding Leaders (10+ to 19 years)

Explorer Level

Online LIVE **One-On-One** Sessions

with

Sujata Mukherjee



Based on The Seven Tower Technology

i - infinite Possibilities



n - Non-Judgmental

f - Futuristic

i - Inspirational

n - Need-Based

i - Interactive

T - Transformational

E - Empowering

COURSE OVERVIEW:

Personality is acknowledged as a cornerstone of an individual's identity, carrying immense significance.

Here at **Study Group**, we place utmost emphasis on the precise nurturing of personality development, specifically tailored for children, young adults and professionals. Our commitment to fostering their growth extends beyond mere instruction—it's a promise to guide them through interactive sessions that inspire lasting transformation.

**We are ISO 9001:2015 | ISO 29993:2017
GACB certified and accredited.**



PRE-REQUISITES & ELIGIBILITY

- Active participation in self-development initiatives.
- Dedicated commitment to completing assigned tasks regularly.
- Completion of assignments using PowerPoint presentations (PPT).



MODULES OF THE COURSE



MODULE 1:

COMMUNICATION SKILL & LEARNING THE ART OF SPEAKING IN PUBLIC

9 CLASSES - EXPLORER LEVEL



- Speech Crafting
- Speech Delivering
- Impromptu Speech
- Story Telling
- Presentation Skills and Self Evaluation
- Organizing Thoughts
- Critical Thinking Skills
- Creative Thinking Skills
- Filler Word Control
- Facial Expression and Eye Contact
- Posture Correction
- Voice Modulation and Vocal Variety
- Removing the Negative Chatter
- Dealing with Anxiety and Nervousness
- Listening Skills
- Quiz & Rapid Fire
- Delivering Speech with **Energy, Enthusiasm and Excitement**
- Building Confidence



GRADUAL TAKEAWAYS FROM MODULE 1

IT'S A CONTINUOUS PROCESS , EACH LEVEL CREATES A POSITIVE IMPACT AND HELPS THE CHILD TO STEP UP
AND BE THE BETTER VERSION



Building profound confidence through incremental progress.

Improves interpersonal skills for effective communication and collaboration.

Overcoming barriers of shyness, anxiety, and hesitation

Builds up Vocabulary & better articulation



MODULE II- LEADERSHIP SKILL BUILDING

5 CLASSES – EXPLORER LEVEL

- **Lesson 1** SWOT Analysis
- **Lesson 2** Goal Setting
- **Lesson 3** Handling Procrastination
- **Lesson 4** Time Management
- **Lesson 5** Prioritization and Action Path
- **Lesson 6** Managing and Achieving Goals



MODULE III-LIFE SKILLS

4 CLASSES-EXPLORER LEVEL

- Handling Obstacles
- Anger Management
- Creating a Mindset for Success
- Ways to stay Laser Focus
- Handling Peer Pressure and Bullies
- Positive Attitude



GRADUAL CUMULATIVE TAKEAWAYS FROM THE COMPLETE COURSE- 18 CLASSES



- Cultivates self-awareness, enhancing one's understanding of themselves.
- Bolsters the capacity conquer anxiety.
- Gradually diminishes nervousness.
- Elevates self-confidence through continuous personal growth.
- Fosters self-motivation, igniting the drive to pursue personal aspirations.
- Promotes the power of positive thinking.
- Instills a proactive mindset.
- Encourages the development of a winning personality.



F.A.Q. #SET1



Q: How long is each session?

A: Each session lasts for 40 minutes.

Q: Are there different levels available?

A: Yes, we offer Innovator and Champion levels also.

Q: Will the child receive a certification?

A: Yes, certification is provided upon completion of each level and each module.

Q: What platform is used for the sessions?

A: The sessions are conducted via Zoom.

Q: Is the mode of instruction one-on-one?

A: Yes, the sessions are conducted in live, one-on-one format.

Q: How many classes are required to complete the explorer level in?

A: To complete the Explorer level 18 classes are required.

Q. Is there a feedback system?

A: Ofcourse, we give feedback after every 4 classes. We keep the parents in the loop.

Q: What if the child misses one class?

A: We will reschedule once informed in advance. (Maximum upto two times) If due to some emergency no information was provided, we will share **recorded lessons** and will assist the child in coping up.

If any class gets cancelled from our side (which can happen only in case of emergency and unforeseen circumstances) we will reschedule surely.

F.A.Q. #SET 2



Q: Is the fee refundable?

A: No, the fees are non-refundable as they cover intangible and irrevocable services.

Q: How are class timings determined?

A: Class timings are based on availability and mutual convenience.

Q: When will the class rules be shared?

A: Class rules will be shared before payment is made.

Q: What are the payment options available?

A: Payments can be made through Razorpay, G Pay, UPI, QR code, or direct bank transfer.

Q: Is advance payment required?

A: Yes, advance payment is required to secure your spot in the class. Before payment we block the slot for 24 hours .

Q:Do you have assessment system?

A:Yes, we not only assess the child from our side but follow system of self assessment by the child.

For any clarification please call: +91 9830519295



PEN PROFILE OF SUJATA MUKHERJEE



Sujata Mukherjee is an illustrious corporate trainer, speaker, author and mentor. She is internationally licensed and certified by "Hay House Inc, USA". She is a cognitive-behavioral therapist from the prestigious School of Natural Health Science, Berkeley's Square, U.K., and a globally certified life coach. With over two and a half decades of experience in facilitating, mentoring, and communication Sujata brings a wealth of knowledge and insights to the table.

As the co-founder of Study Group and owner of the brands Infinite Possibilities and SLIC Talks, Sujata specializes in a wide range of services that include leadership development, mind training, personality development, communication skills, personal effectiveness and emotional intelligence across all ages. Her objective is to help people create the 5 C's in them - Clarity, Compassion, Competence, Confidence, and Charisma.

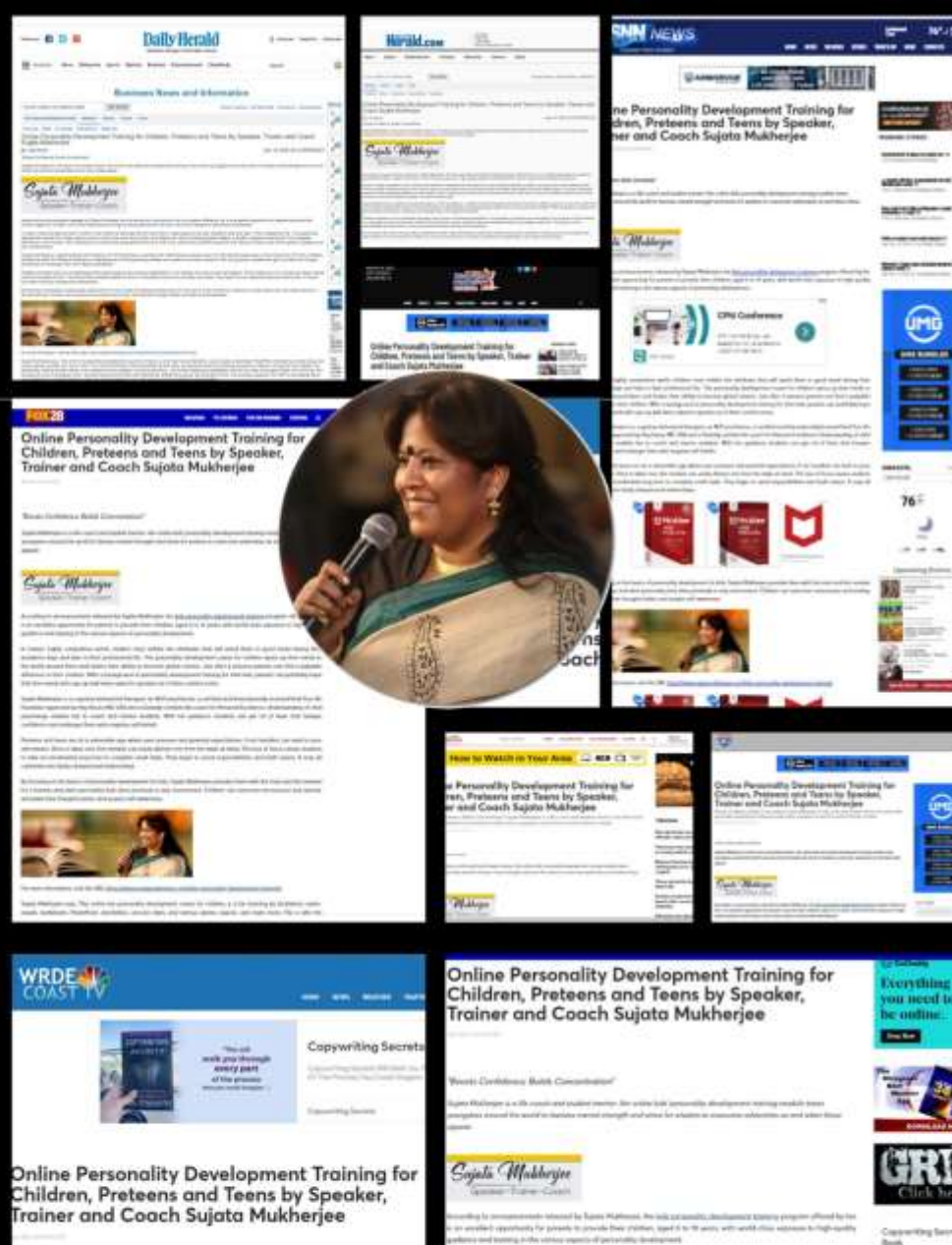
Sujata's rich experience and insights from the corporate and business world serve as a critical yardstick for self-worth and holistic personal empowerment. As a behavioral therapist and trainer, her focus remains on life skills inside out. Her power-packed and refreshing events are not merely the "what you need to do" sessions but are replete with practical insights, tools, and techniques to implement what you learn.

She has a gift for making complex topics accessible and easy to understand, resulting in powerful outcomes boosting massive confidence.

In conclusion, Sujata Mukherjee's services are transformational events that leave individuals feeling motivated, energized, and inspired. Her power-packed and refreshing events are a testament to her expertise, passion, and commitment to helping people create their best selves.

AWARDED MOST INFLUENTIAL COACHING LEADERS-INDIA -2021 BY WORLD HRD CONGRESS IN ASSOCIATION WITH TIMES ASCENT





SUJATA MUKHERJEE
AS FEATURED IN



**FOR FURTHER DETAILS
REACH US @ +91 9830519295**



What is Infinite Possibilities:

<https://youtu.be/-Ag1IKwBJVk?si=NU5yEXKMUMzmjoRj>

Parent's Feedback:

<https://youtu.be/pvOK1FU5QxA?si=J8zvvTQhYTRaLvXR>

Other Feedback videos are available in youtube channel

Please Call / Whatsapp Us For further clarification and assistance

www.sujatamukherjee.com