



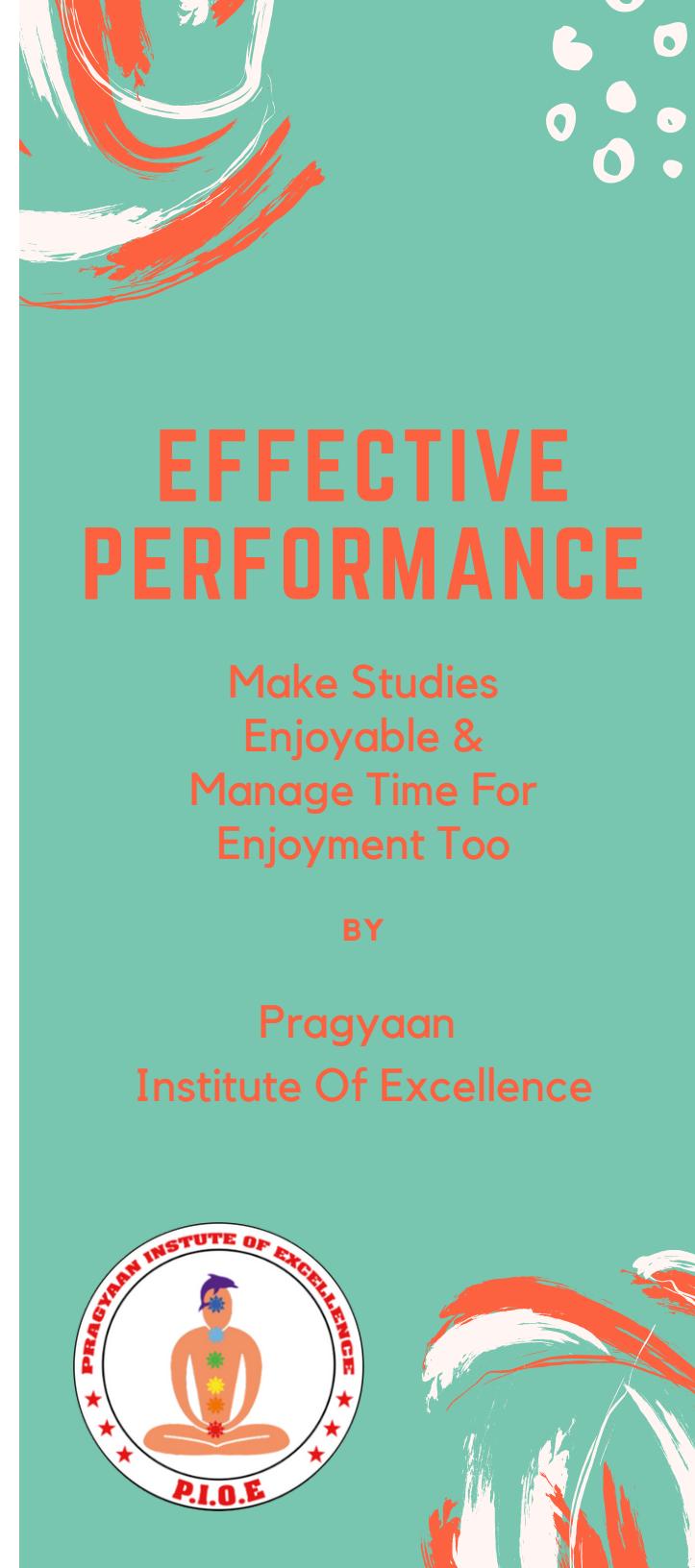
**Eligibility:** 13 years+

**Duration:** 2 days

To confirm your seat visit:  
[www.pragyaanioe.org/moving-the-grade](http://www.pragyaanioe.org/moving-the-grade)

## **CONTACT US**

Call: +91 7039200152  
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# Testimonials

"Working with Pragyaan Institute of Excellence and Coaching Centre, was a life-changing experience. I learned how to appreciate the difficult moments of life and not let them define me. It brought out the characteristics and talents that I never knew I possessed. If for any reason you are feeling stuck, I highly recommend working with them".

-Shaunak  
(Student)



## WHAT WILL YOU LEARN:

- Balancing Right And Left Brain
- Belief Change
- Presuppositions Of N.L.P.
- Improve Concentration
- Stress Management
- Goal Setting
- Healthy Food Habits
- Secrets Of Breathing Cycle
- Time Management
- Time Matrix

"Effectivee Performance", is an amazing Workshop held for students, to maintain balance and achieve success. In today's day to day life with the growing age kids face many challenges, which they unfortunately look as problems, tensions, etc. In this two day workshop we teach kids how to look at things the way they are. We help them to remove fear, stress, depression, addictions if any, and such hidden and non expressed issues. Here, they learn to tackle their life by maintaining the right balance between the competition outside and enjoy there childhood as well. Those days will never come back in their life. We also help them in setting their goals at subconscious levels. We teach them healthy food habits, as health is the real wealth to success. To let your kids, experience these wonderful moments of life; contact us as early as possible.