



# APEX - ACADEMIC & PERSONALITY EXCELLENCE

SOFT SKILLS TRAINING PROGRAM FOR MIDDLE & HIGH SCHOOL STUDENTS

## ACADEMICS & BEYOND

www.academicsandbeyond.in +91-94830 09981, services@academicsandbeyond.in



## ABOUT THE PROGRAM

Academics & Beyond proudly presents **APEX** an "Academic & Personality Excellence" Training Program aimed at holistic Personality Development, exclusively designed for Middle & High School students. This training incorporates all the essential skills a student would need to succeed in academics & excel in personal life.

### Key Program Benefits:

- Increased Self Confidence, Self-Awareness & Self-Regulation
- Enhanced motivation towards Academic Activities
- Learn how to start thinking positively
- Learn how to handle negative thoughts & behaviours including anger, anxiety and stress
- Understand and practice correct posture and body language
- Reduced stage fear/ nervousness & enhanced presentation/social communication skills
- Learn how to set realistic goals, create execution plan and track them
- Learn the disadvantages of distractions (like mobile/gadgets) & their negative impact
- Enhanced time management skills
- Learn good study habits & understand how to score more marks in exams



**Design Philosophy:** The training modules are built based on **scientific & psychological principles and are activity/video based**. This **experiential learning** would ensure that students are better equipped to handle real-life experiences & academic pressures. The content is developed by experienced consultants.

**Training Duration & Frequency:** Training is spread across **10 sessions of 1.5 hours each**. Delivery can be customized based on the requirements. Please call us @ +91-9483009981 for customizing this training.

**About the Trainer:** Training sessions would be handled by Mr. Srinath who has an **overall experience of >21 years** spanning across academic and corporate sectors. During this long tenure he has trained thousands of students and working professionals in various disciplines including soft skills enabling them succeed both personally & professionally. He has sound knowledge of Psychological principles and has vast experience in Career counseling as well. He has delivered >200 invited talks & has one patent to his credit.



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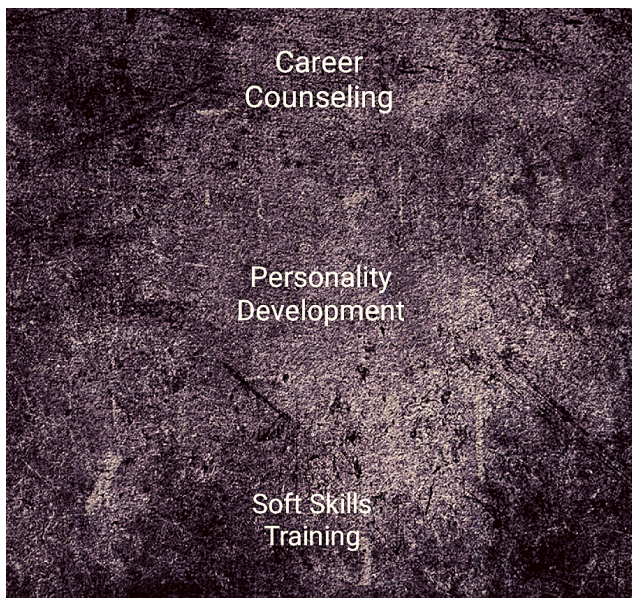
## CONTENT COVERAGE

### Personality Development

- Self-Management - Understand your Strengths & Weaknesses
- Positive and Negative thinking
- Enhancing Self-esteem & Self-confidence,
- Postures & Body Language
- Controlling the Negatives - Overcoming Fear, Anger, Anxiety & Stress
- Realistic Goal Setting and Tracking
- Interpersonal & Social Communication Skills - (including Active Listening skills)
- Dealing with distractions (mobile, gadgets, etc)
- Overcoming Procrastination
- Time Management & Prioritization
- Basics of Presentation skills

### Academic Skills

- Enhancing intrinsic motivation towards academics
- Training students to study independently
- Setting academic goals
- Creation of realistic study plan and tracking
- Reading Techniques
- Note Taking
- Preparing for the tests/exams
- Handling exam stress



## ABOUT US

Academics & Beyond is a **highly rated** Career Counseling, Personality Development & Soft Skills Training services organization based out of Bengaluru, India. Within a very short span of time (Estd. Oct 2017) A&B has catered to the needs of hundreds of students and working professionals & have received rave reviews on Google. Recently A&B has been recognized as one of the **20 Most Promising Workforce Development Service Providers** in India by Silicon India magazine.

We cater to the needs of students and working professionals. To know more about us please call us @ +91-9483009981 or visit us @ <https://www.academicsandbeyond.in>