

# Raising HAPPY



# SMART



## Factsheet - 2 Days Workshop towards “Raising Happy & Smart Children”

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### Workshop outline:

The workshop is designed for those parents who are keen to take up the challenge of raising children who turn out to be happy & smart. During the course of this workshop, using a combination of presentation slides and discussions; we are confident that parents, both as an individual and as well as a team, will develop a practical understanding of the key problems pertaining to their approach towards raising a happy and smart child and will be able to solve them in the best possible ways.

### Learning Objectives:

- Understanding your children and yourself
- Getting off to a good start
- Improving your basic parenting skills
- Discipline
- The early years: birth to kindergarten
- Helping your child cope with common problems
- Being different
- Top 10 tips

### Who should attend:

- Already parents
- About to be parents
- Future parents

### About the trainer:

Dr. Perna Kohli is a holder of BA (Hon.) & MA in Psychology, M Phil as well as Doctorate in Clinical Psychology. She has been pursuing private practice as a Clinical Psychologist since 1993 and been associated with a Global Wellness Company since 2000 in the capacity of Consulting Advisor. She is a life member of Association of Clinical Psychologists of India. Dr. Kohli is a Certified Coach Trainer, Corporate Trainer & Teacher Trainer for Louise Hayes’ Heal Your Life, Certified in Advance DNA 1 & 2 for Theta Healing & Certified in Organization Development Alternatives (ODA) for Executive Life Coaching & Hypnotherapy. She is also members of the Censor Board, Ministry of Information and Broadcasting (GOI) since 2014 and of the Internal Complaints Committee (ICC) in Press Information Bureau (PIB) since 2015. During the period of 2012-13, she was the Head for CII Committee on Core Issues of Women. Since 2014, she has been associated with CII/NSDC/Ministry of Skill Development, GOI as the Mind Trainer- Beauty & Wellness Sector Skill Council. She has been actively associated with numerous NGOs and was the Founder Member of Vishakha Committee against Sexual Harassment of Women. Since 2015, she is also a Member of the Governing Council of the Sunshine World Schools, Goa. Till date Dr. Kohli has delivered more that 250 man days of workshops.

For further information please call or email us.