

Request NOW!

Stress Free Teaching - Seminar



Request Form



Name of the School: _____

Contact Person and Designation: _____

Contact No.: _____

Email Address: _____

School Address: _____

Pin Code: _____ City: _____

State: _____ Contact No.: _____

Nearest Land mark for school (if any): _____

Total Number of Teachers expected in the seminar: _____

Please specify the 3 different convenient Dates and Time assigned for us to conduct the seminar at your school:

	Date	Time
1		
2		
3		

Are you interested in the LIVE workshop:

Yes No

Please mail the form to :

Sri Sri Ravishankar Vidya Mandir Trust
#1897/A, 26th Main, Southend 'C' Cross Road, 9th Block
Jayanagar, Bangalore-560 069
Ph: 080-65909097 Email: stressfree@ssrvnm.org

Stress Free Teaching



Interactive 1-Hour FREE seminar



The seminar addresses:

- ◆ Tips to bring out best in children
- ◆ Examination of the root cause of stress
- ◆ Breathing techniques
- ◆ Techniques to make teaching stress-free
- ◆ Simple exercise to relieve physical stress



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Stress Free Teaching



Stress is found to be part of the day to day lives of teachers. Although the teaching profession is considered moderately stressful, teachers feel stressed by issues concerning:

- compete for attention of students
- manage more students than one can
- stay updated on latest changes in the field of education
- results driven performance scoring
- complete assigned syllabus in a given time
- classroom management - teaching students with behavioral and emotional difficulties

Understanding the cause of stress helps the teachers to figure out a plan to combat the problems/challenges they face. All it takes is realizing what the problem is, which will help to lead a better quality of life with less stress, making healthier, happier and potentially even more successful at the teaching profession.

In the last one year, Art of living have initiated a **Stress Free Teaching - An Interactive 1-Hour FREE seminar** for teachers and in the last one year, more than 20000 teachers in India and across the world have benefited.

If you are interested in seminar please do write to us at stressfree@ssrvn.org & contact us 080 - 65909097

Introducing



Lessons In Value Education is a practical effective transformational workshop that brings self awareness in teachers on values and how they can nurture these in children they teach.

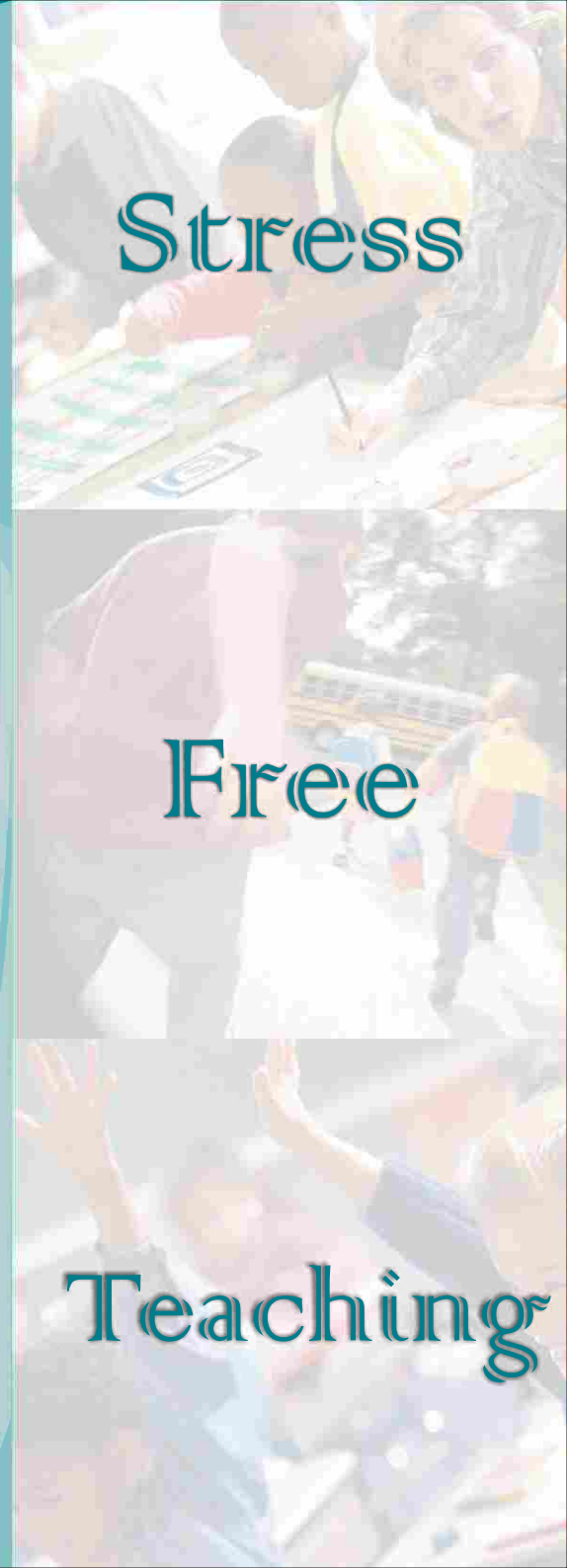
Features of LIVE workshop:

- Practices that heal and harmonize the body, mind, and spirit and eliminate mental and physical stress.
- Skills for handling negative emotions and situations and working with children.
- Practical wisdom for improving work and relationships.
- Insight into the laws that govern the mind and emotions of self, children, peers & supervisors.
- Stretching and low-impact exercise for health, blood circulation, and body stillness.

Workshop Duration

The LIVE workshop is offered as:
3 days, six hours a day
OR
6 days, three hours a day

More information mail in your request
live@ssrvn.org



Stress

Free

Teaching