



ITL Public School organises Personality and Skill Development Workshop for Teachers

A **Personality and Skill Development Workshop** was organized at ITL Public School on **Thursday, 12 May 2016**. The resource person **Mr. Sanjeev Datta, Master Spirit Life Coach, Certified Success Coach**, charted out a roadmap for good self-esteem and inner happiness in a span of two hours.

The onset of the workshop focused on creation of common grounds to align oneself with the students, thereby setting a higher probability of being '**ATTENTION GRABBERS**'. Focusing on '**expressiveness**' Mr. Sanjeev Datta elucidated on donning and practicing expressions like – happy, sad, worried and intense. The '**Masking Techniques**' came along with quick tips of redemptions in difficult situations. Smile, an imperative and mandate as a **positive power of expression** was discussed. Simple yet logical and easy techniques in class rooms and general life were shared which came as quick salvations.

The **Jaw Conditioning Exercises, the Resonance Technique, Power of Meditation, Drama Therapy and Being Happy in Now** – were the constructive and substantial take away from the workshop. The workshop factored on sustainable self-development and to pilot the implementation of refreshed vision for healthy living.

The Principal, Ms. Sudha Acharya, reiterated on the power of going beyond the traditional norms of living, to making each day exceptional. All together an ultimate rejuvenated session for teachers specially so before the summer break...!

Way to go ITL...!