



**NESTLING  
MINDS**

# A ONE-STOP SOLUTION

FOR SCHOOL  
MENTAL HEALTH & LIFE SKILLS



## NESTLING MINDS

*Helping Students Build Life Skills, Emotional Awareness & Confidence*

A school-focused initiative by Counselling Psychologist Ashu Sharma, dedicated to building emotionally safe, inclusive, and skill-rich school communities through structured, research-backed mental health programs.

### OUR PROMISE TO SCHOOLS

01 Structured Mental Health & SEL Support

02 Emotional & Behavioral Interventions

03 Flagship Workbooks to Build Foundational Life Skills

04 Custom Programs for Students, Teachers, Parents & School Staff

05 Ongoing Counseling & Career Guidance Services



Call For More Info  
**+91 96549 12023**



[nestlingminds@gmail.com](mailto:nestlingminds@gmail.com)



[www.nestlingminds.com](http://www.nestlingminds.com)



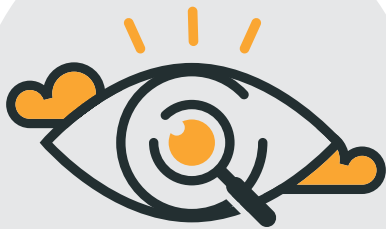
[nestling\\_minds](https://www.instagram.com/nestling_minds)

# ABOUT US

NESTLING

**MINDS** is a comprehensive, school-based initiative offering contextual and age-appropriate solutions for mental health, life skills, and socio-emotional learning across the entire school ecosystem.

Founded by Ashu Sharma, a NET & JRF-qualified Counselling Psychologist with over a decade of experience in school mental health, our programs are designed to nurture emotional resilience, improve classroom environments, and build supportive school cultures.



## OUR VISION

*To help every school become a space where students thrive emotionally and socially, and adults feel empowered to support them without clinical labels.*

*All offerings are rooted in NEP 2020 and NCF 2023, with a focus on building Foundational Life Skills.*

# WHAT WE OFFER

# COMPREHENSIVE MENTAL HEALTH & SEL SOLUTIONS FOR SCHOOLS !

## FOR STUDENTS

- 🌀 Workshops on emotional resilience, exam stress, peer issues, and digital wellness
- 🌀 Group or individual interventions for behavior, anxiety, or adjustment concerns
- 🌀 Year-long SEL programs using our flagship Skills for a Happy Me workbooks
- 🌀 One-on-one counseling (online/offline)

## FOR TEACHERS & SCHOOL STAFF

- 🌀 Capacity-building workshops on emotional intelligence, classroom management, and burnout prevention
- 🌀 Training on student psychology and creating emotionally safe classrooms
- 🌀 Individual counseling and mental well-being support

## FOR SCHOOL LEADERSHIP & MANAGEMENT

- 🌀 Mental health consultancy with monthly visits and structured implementation
- 🌀 Integration of SEL and well-being into school vision and daily operations
- 🌀 Partnership with school counselors for case discussions and reviews
- 🌀 Mid- and year-end progress reviews and reporting

## FOR PARENTS

- 🌀 Engaging workshops on emotional development, communication, and support
- 🌀 Parenting tools for managing academic or behavioral challenges
- 🌀 Counseling sessions for home-based concerns

## CAREER COUNSELING & PSYCHOMETRIC TESTING

- 🌀 Aptitude and interest assessments (pen-and-paper or online)
- 🌀 Stream and subject selection support
- 🌀 Career path exploration aligned with strengths and interests
- 🌀 Personalized counseling for decision-making confidence

# FLAGSHIP OFFERING

## SKILLS FOR A HAPPY ME SEL WORKBOOKS

Aligned with NEP 2020 and NCF 2023 | Builds Foundational Life Skills |  
Created by a Counselling Psychologist

The "Skills for a Happy Me" workbook series is a structured, classroom-ready tool for building core life skills, emotional intelligence, and resilience in students.

- ❖ Level 1: Upper Primary
- ❖ Level 2: Middle School
- ❖ Activity-based, age-appropriate, and rooted in real-life challenges
- ❖ Encourages reflection, empathy, problem-solving, and emotional vocabulary

"Not just worksheets—a roadmap for student well-being."

## PARTNER WITH US

*Let's create a well-being ecosystem tailored to your school's needs.*

**ASHU SHARMA**

Founder, Nestling Minds



Call For More Info  
+91 96549 12023



**NESTLING  
MINDS**



[nestlingminds@gmail.com](mailto:nestlingminds@gmail.com)



[www.nestlingminds.com](http://www.nestlingminds.com)



[nestling\\_minds](https://www.instagram.com/nestling_minds)