






Empowering Educators to Build Emotionally Safe, Skill-Rich Classrooms

## ABOUT NESTLING MINDS

Nestling Minds is an initiative by Counselling Psychologist **Ashu Sharma**, dedicated to enhancing the mental, emotional, and social well-being of school communities. Our workshops blend psychology, real-life classroom strategies, and engaging facilitation to support teachers in becoming mindful mentors and emotionally intelligent educators.

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## Capacity Building Workshops for Schools

Topic	Designed For	Key Objectives / Takeaways
1. The Emotionally Intelligent Teacher	Primary, Middle & Senior Teachers	Develop self-awareness, manage classroom emotions, and build positive relationships with students
2. The Power of Yet: Building Growth Mindset Classrooms	Primary & Middle Teachers	Understand growth vs. fixed mindset and foster perseverance, curiosity, and resilience in students.
3. Time Management & Productivity Hacks for Educators	All Teachers	Explore practical tools to manage workload, reduce burnout, and reclaim time.
4. Burn Bright, Not Burn Out	All Teachers	Prevent emotional fatigue, build boundaries, and prioritize self-care for long-term teaching success.
5. Teacher as a Mentor	Middle & Senior Teachers	Learn to mentor students holistically — academic, emotional, and behavioral support.
6. Adolescence Decoded	Middle & Senior Teachers	Understand adolescent psychology, changing behaviors, and support their transition with empathy.
7. Let's Talk: Addressing Adolescent Sexuality with Confidence	Senior Teachers & Counselors	Address sexuality education sensitively, answer student questions, and create a safe classroom environment.
8. Beyond the Birds & Bees	Primary Teachers	Lay the foundation of age-appropriate body awareness, safety, and trust in early childhood classrooms.
9. U-Turn! Unlearning Your Way to Emotionally Awesome	All Teachers	Challenge biases, reflect on beliefs, and explore emotional tools to deepen classroom empathy.
10. Emotional First Aid	Primary Teachers	Learn simple, real-life tools to help children name emotions, calm down, and feel emotionally safe.
11. Leadership Skills for Teachers	Middle & Senior Teachers	Enhance communication, initiative-taking, and mentoring abilities among educators.

### Each workshop includes:

- ✓ Engaging activities & examples
- ✓ India-specific classroom contexts
- ✓ Printable handouts & implementation tools
- ✓ Interactive facilitation by a trained psychologist

Let's work together to build happier, healthier schools.  
Reach out today to schedule a session for your school team!