

# Building Competence, Inspiring Confidence

"Your One-Stop Solution for Tailored, Impactful Training Excellence."



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## About Us -

We are **workshop/training and placement organisation** which is solely focussed on uplifting the mental status of students and working professionals so that they perform well in their respective fields.

Our program like short duration workshops, trainings, etc. are based on real life concerns and it's most productive solutions so that a person becomes self motivated and goal oriented. Through our workshops, training programs, etc. we focus on the participants over all growth in terms of planning and finding ways out to the problems they are facing which helps us for better placement.

Our team consists of experienced professionals worked in various sectors like education, skills training, BPO, sales, finance, recruitment and consulting, etc. making us understand the need of the day and provide the solution for the same.

## What we do -

**Aspire Highs** supports students through empowerment workshops, skill-based training, and personalized career guidance. We focus on personal development, communication skills, and mental health awareness, preparing students for academic and professional success. Our services include tailored career counseling, interview preparation, and placement support, helping students align with their goals.

- **Well researched short duration workshops on Life skills for all type of students and school's teachers.**
- **Students Job Placements based on our Workshop.**
- **Career Counseling Workshops/Career Counseling.**

**\*\* Our all workshops for students are either for their studies improvement or job placements based on type of students attending the sessions.**

# Surveys Statistics on skills Need

## Why Need Workshop / Training

In India, mental health issues are a growing concern among students. A study by the National Institute of Mental Health and Neuro Sciences (NIMHANS) found that 23 percent of school children in India have mental health problems.

In a survey report of Hindustan Times, youngsters say the current schooling system that focuses more on rote learning doesn't equip them with practical experiences to cope with contemporary professions.

In this age of self-love through selfies, youngsters also feel self-development and good personalities increases chances of employment, a Hindustan Times-MaRS Monitoring and Research Systems survey indicates.

As per survey, only 26% of the respondents feel that their education has contributed highly to their personality development or interpersonal management skills, the two key traits required for interviews and employment.

Also, on the problems faced, 74% say their college and university syllabus and courses are not updated regularly. 80% feel they missed out on opportunities for personality development while studying.

This makes it important for students of schools, colleges, universities or any other institutes to attend workshops / trainings to enrich themselves with new ideas and grow as an individual.

Workshop / Training is an event where a person gets opportunity for discussion and practical work on a particular subject, where people share their knowledge and experience.

- **Skill development:** Helps people develop new skills and learn from each other.
- **Knowledge sharing:** Can be a place for people to share knowledge and exchange ideas.
- **Problem solving:** Can provide structured environment for participants to work together to solve problems.
- **Effective communication:** Helps improve communication, which can make individual more productive.
- **Decision making:** Helps develop decision-making skills, important in both the workplace and personal life.



# Types of Workshops we deliver

## Our Methodology

Our workshop / training are 2-3 hours short duration program where we cover such topics which hardly anyone touches but does matter to individuals for their mental wellbeing and career growth. Below are a few :

- **Workshop / Training for School Students (Class IX and X)**
- **Workshop / Training for College / University Students (any semester)**
- **Workshop / Training for Coaching Institutions Students**
- **Workshops for job aspirants (for placements)**
- **Workshop / Training for Teachers (Schools) – Coming soon**

\*\* Our all workshops for students are either for their studies improvement or job placements based on type of students attending the sessions.

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Planning a successful workshop / training requires a systematic approach to ensure that objectives are met and participants are engaged. Here's a structured guide we follow to plan a workshop / training:

- **Define the Purpose and Objectives**- Clarify the purpose and set specific objects.
- **Understand The Audience** – Check Demographics and do need assessment.
- **Design Workshop Agenda** – Create a detailed agenda, Time allocation and use a variety of formats.
- **Develop Workshop Materials** – Modules, workbooks or handouts and Interactive tools, if needed. (Though we are already ready with vast modules and keep adding more to it).
- **Executions planning** – It includes selection of venue, logistics planning, registration, engaging activities like icebreakers, facilitation techniques, etc..
- **Follow Up** – Collect feedback, provide post-workshop / training resources(if any), evaluate success, etc.

# Workshops For Students

**Note :** Modules can be customised based on target audience requirement or on request from management for best learning and outcome. Also various activities will be involved in it for extensive coverage.

- 1- Communication Skills for Personality Development.
- 2- Critical Thinking and its Importance.
- 3- Nine Mindsets that Foster Success (Makes Mentally Strong)
- 4- Seven proven methods to learn faster and remember more.
- 5- Sleep Mastery For High Performers | Mental Health
- 6- Acts of Kindness & it's impact | Motivational Learning
- 7- How to have difficult discussions | Personality Development
- 8- SWOT Analysis
- 9- Proven Ways To Master Your To-Do List | Time Management
- 10- Ten Habits to Change Your Life | Goal Oriented

## Modules for class IX and X students

## Modules for College / University / Coaching Students

### For Colleges/Universities students we cover -

- 1- Communication Skills for Personality Development.
- 2- Critical Thinking and its Importance.
- 3- Sleep Mastery For High Performers | Mental Health
- 4- How to have difficult discussions | Personality Development
- 5- SWOT Analysis
- 6- Ten Habits to Change Your Life | Goal Oriented
- 7- Proven Ways To Master Your To-Do List | Time Management
- 8- Strategies To Optimize Your Efforts | Boosting Mental Clarity
- 9- Job Interview | Tips To Face Interviews for Jobs
- 10- 8 Japanese Ways to Stop Overthinking | Mental Health



# Various Other Workshops We Offer

## Workshop for Job Aspirants

This workshop covers everything from **communication skills** and **resume writing** to mastering **interview techniques** and building your **personal brand**. Learn how to navigate the job search effectively, develop **emotional intelligence**, and make the most of **digital productivity tools**. Our expert-led sessions also include insights into the **current job market** and guidance on **career transitions and upskilling** to help you stay ahead.

## Workshop on Personality Development for Career Growth and Planning

This **Personality Development Workshop** is designed for students and professionals looking to unlock their true potential and accelerate career growth.

This interactive and engaging workshop combines expert guidance, practical exercises, and actionable strategies to help attendees enhance their confidence, build impactful connections, and align their goals with their passions.

Whether a student stepping into the professional world or a seasoned professional looking to level up, this workshop is a pathway to **empowerment, growth, and lasting success**.

## Mastering Corporate Etiquette - Professionalism, Communication, and Workplace Ethics

Participants will learn the nuances of email and digital etiquette, dress code standards, and how to navigate meetings and business interactions with confidence. The workshop also focuses on building strong professional relationships, fostering inclusivity, and developing cross-cultural awareness.

## The Power of Words: A Workshop on Effective Speaking

Over the course of this interactive workshop, participants will explore key modules, including voice modulation, body language, and structuring a compelling message. We'll dive into powerful techniques for engaging your audience, handling feedback, and delivering persuasive speeches with confidence. From storytelling to using visual aids effectively, you'll learn how to captivate, inspire, and leave a lasting impression.

# Job Placements

## Students Job Placements based on our Workshop

According to recent studies, while India has seen a rise in employment in recent years, a significant portion of graduates remain unemployable, with estimates suggesting only around 51% of Indian graduates are considered job-ready, highlighting a gap between skillsets and market demands; data from the Economic Survey 2023-24.

Despite the employability concerns, the youth unemployment rate has decreased from 17.8% in 2017-18 to 10% in 2022-23.

Recent data shows a substantial increase in employment in India, with over 80 million additional jobs created between 2017-18 and 2022-23.

At Aspire Highs, we specialize in connecting job seekers with the right career opportunities. Our Placement Services are designed to help you find roles that match your skills, aspirations, and professional goals. We work closely with companies across industries to understand their hiring needs, enabling us to guide candidates through a smooth, tailored placement process.

- **Personalized Job Matching:** We align your qualifications with suitable positions, maximizing your chances of success.
- **Industry Connections:** Benefit from our network of trusted employers and partnerships across sectors.

*Empower your career journey with our expert placement support!*

Our short duration workshops or trainings are so scientifically planned as it helps us assess students in all aspects like mental readiness towards job, behavior of job aspirants which can hinder doing job, interest areas, career goals, etc.

Above mentioned helps us ensure that our placements are of high quality and both job aspirants and organization which hired them are highly benefitted.

As we are very selective in terms of organization where we will be placing candidates so we do various studies and check whether the organization is best for placement or not. Likewise we ensure that candidates we provide to them are also matching the need. And in this our workshops are best tool to assess job aspirants.



# How our program will benefit

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## Coming Soon

Our programs are highly researched and are designed in such a way that we it leaves high impact on participants, like –

**For students** – It guides to build a good character and disciplined life which in return will help them be more calm and composed in any aspects of life. It will help both who will study further or is planning to start job career.

**Placement or Career Guidance**- Our workshops are as such that it helps participants understand various aspects of life which will help them make decisions in terms of job or career goal. Our workshops are designed as such that we assess participants (students or job seekers) on their ability or areas of improvements which helps us in better placements.

**For Teachers** – It will refresh teachers in their work in terms of life skills and will make them re-motivated towards their work and make them learn more scientific ways to keep oneself motivated.

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- Teachers Workshop / Trainings
  - Mentor-Mentee Program
  - Workshop for students below Class IX
  - Leadership Workshop
  - Job Fair
  - Students Career Pathway Workshop
  - Career Counselling – Jobs & Education
  - Various short-terms training programs based on corporate need



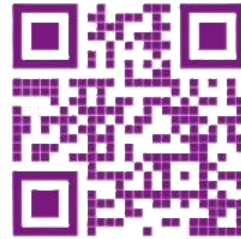
# Thank You

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