

GROWING BIG

- 6-DAY ACTIVITY ORIENTED SUMMER COURSE



6-Day Activity Oriented Summer Course

Growing Big

Unleashing Potential in Young Minds

(For children between 12-17 years)



Monday, 05 May 2025 to Saturday, 10 May 2025



09:30 am - 01:00 pm



MMA Management Center, Chennai

For over two decades, MMA has proudly offered "Growing Big – Unleashing Potential in Young Minds", an exclusive summer program tailored for youth aged 12 to 17. This program focuses on essential life skills like goal setting, communication, public speaking, and Journaling for personal success. Through engaging experiences, participants build confidence and sharpen their ability to tackle life's challenges. Inspire your child to embark on this transformative six-day journey where learning blends seamlessly with fun, fostering profound personal development. Ensure your child's future success by investing in this invaluable opportunity today.

WORKSHOP CONTENT

- Day 1: Goal Setting
- Day 2: Memory Enhancement Skills
- Day 3: Public speaking
- Day 4: Personality & Attitude Building
- Day 5: Journaling for personal success
- Day 6: A special showcase session

PARTICIPATION FEE

Rs. 5500 + 18 % GST

Special discounted fee for MMA Members

Rs. 4000 + 18 % GST

Bulk discount for more than 5 nominations from Corporates

Early bird discount 5% for nominations received with participation fee on or before 26 April 2024

Certificate will only be awarded for students who attend all the 6 days of Summer Course

*Fee once paid will not be refunded

For more details call:

R Sathish Kumar @ 96770 77700 (or) Vinothkanna P @ 7395880426

Day 1: Goal Setting

- Understand Goals: Learn the importance of goals and distinguish between short-term and long-term goals.
- SMART Goals: Create Specific, Measurable, Achievable, Relevant, and Time-bound goals.
- Action Planning: Break goals into smaller steps and track progress regularly.
- Adaptability: Embrace flexibility and adjust goals or plans as needed.
- Start Now: Begin setting goals and take steps towards achieving them to enhance life's experiences.

Day 2: Memory Enhancement Skills

- Memory Boosters: Learn fun techniques such as visualization and mnemonics to enhance memory.
- Concentration Mastery: Improve focus through concentration exercises and mindfulness practices.
- Wellness for Memory: Understand the importance of sleep, nutrition, and exercise in maintaining memory.
- Interactive Learning: Participate in memory games and challenges to reinforce skills and monitor improvement.

Facilitator for Day 1 & 2

Dr. Sachin Sharma holds a Ph.D. in Experiential Training from The King's University, USA, complemented by a BE & MTech in Chemical Engineering from Bangalore University. He's also an ESD Engineer from iNARTE, USA, a Master NLP Practitioner, and a Certified Subconscious Therapist from Aerodyne USA. Notably, he's the Founder of SUPERBHUMANS and Co-Founder of ICM (International Coaching Monks). Additionally, he's a Certified Gold Trainer by Chris Biffle for WBT (Whole Brain Teaching).



Day 3: Public speaking

- Understanding Public Speaking: Introduce the basics of public speaking and its importance.
- Communication Techniques: Teach effective verbal and nonverbal communication skills.
- Practice Sessions: Provide opportunities for children to practice speaking in front of others in a supportive environment.
- Confidence Building: Offer strategies to boost confidence and manage nervousness while speaking.
- Feedback and Improvement: Encourage constructive feedback and provide guidance for continuous improvement in public speaking skills.

Day 4: Personality & Attitude Building

- Self-awareness: Help children understand their strengths, weaknesses, and values.
- Communication Skills: Teach effective communication techniques for expressing thoughts and feelings.
- Confidence Building: Provide opportunities for children to build confidence through activities and challenges.
- Emotional Intelligence: Foster empathy and emotional regulation skills to navigate social interactions.

Facilitator for Day 3 & 4

Padmanabhan Subramanian, M.A., M.Ed., PGDTE, is a Consultant Trainer, holding degrees from English and Foreign Languages University, Hyderabad, and training from IIM Ahmedabad. With expertise in business communication and HR training, he's crafted and conducted training programs for both corporate and educational institutions. His distinctiveness shines through his innovative use of magic in training sessions, adding an engaging twist to the learning experience.



Day 5: Journaling for personal success (Based on Art craft therapy)

- Discover the power of journaling for personal growth and success.
- Utilize creative scrapbook techniques as a therapeutic outlet for self-expression.
- Students will engage in book making techniques to create their own personalized journals.
- Learn basic calligraphy techniques to enhance journal aesthetics and self-expression.
- Utilize calligraphy as a mindfulness tool for relaxation and emotional well-being within journaling practices.

Day 6: Showcasing and Celebrating Achievements

- Join us on the final day for a Special Showcase Session where our young talents take the spotlight to share the highlights of their transformative journey throughout the past five days!
- From mastering goal setting to refining public speaking skills, children have immersed themselves in a diverse range of enriching experiences.
- Through dynamic color art therapy, children have unleashed their creativity, finding innovative ways to express themselves.
- Through vibrant creations and newfound skills, children will proudly display the depth of their learning and personal development journey.
- Parents, don't miss this chance to witness firsthand your child's remarkable growth and achievements.

Facilitator for Day 5 & 6

Ms. Padmaja S.N, the CEO of Victory Insights, brings three decades of expertise, having conducted over 2,000 workshops marked by innovative pedagogy. Noteworthy is her leadership in organizing India's premier Young Entrepreneurs conclave for Bala Vidya Mandir in 2019. Her diverse client base includes eminent institutions like the Reserve Bank of India, IITM, and Madras Medical College. With academic credentials spanning Masters in Education, Sociology, and Art Therapy, alongside certifications in NLP and coaching from the Walt Disney Institute. She has over 25 diplomas in Play,doodle, Solution based therapy , Integrative therapies ,Mindfulness-based art therapy ,Psychotherapy

