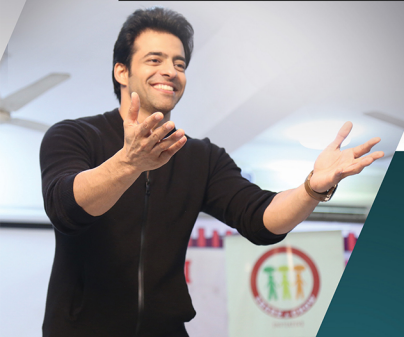


## WHAT IS "SHARE AND GROW" WORKSHOP ?



"Share and Grow" Workshop is especially designed for students in order to help them deal with their emotional, mental, social and spiritual aspect of their lives so that they can grow to become the future of this country making their parents and school proud of their individual achievements.

We aim to guide them towards the best possible path suited for their lives, so that they do not feel lost in this endless journey of competition.

We all today keep reading news of students going through severe depression, emotional turmoil, anxiety disorders, stress disorders, nervous breakdown & even to the extent of committing suicides.

Students are being succumbed to peer pressure, competition, relationship complications, substance abuse, parent - teacher expectations and somehow they are unable to cope with it.

Our annual survey indicates India has one of the world's highest rate of suicides among people aged between 15 years and 29 years, which is alarming and disturbing.



### EXAM PHOBIA

GENDER BIAS

SOCIAL MEDIA

NO GUIDANCE

PEER PRESSURE

RELATIONSHIP ISSUES

THRIVING COMPETITION

COLLEGE ADMISSION PRESSURE

INFLUX OF INFORMATION FROM EVERYWHERE

### WHAT ARE THE PROBABLE CAUSES:



### WORKSHOP BENEFITS FOR THE STUDENTS:

It aims to develop the feeling of EMPATHY amongst the students so that they can work together as a TEAM in future and stand by each other through thick and thin in life.

Helps to Build COURAGE.

Helps to prepare students to ACCEPT life's failures & LET GO !

Teaches them art of FORGIVENESS in life.

Guides them to deal with their RELATIONSHIP issues whether with parents / teachers / friends / siblings / cousins or relatives.

Boosts their SELF MORALE and CONFIDENCE by letting them open up their core thoughts and values



To Conduct our workshop in your School/ College/ Institute/ Organisation  
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