

India's first sustainable wellbeing curriculum:

- Integration of life and success skills
- Effectively implemented through a school curriculum



The New-Age Challenges for young minds

Young minds today face unique challenges that previous generations did not. The rise of nuclear families and a lack of proper role models have left them feeling isolated, while the pressure to excel academically and on social media has added to the stress. The uncertainties of the post-Covid era have only compounded these challenges, impacting students' wellbeing, academic performance, interpersonal relationships, and chances of success.

The Challenges for Educators

Educators now have the added responsibility of looking after their students' wellbeing beyond academic performance. Research shows that uneasy minds absorb less learning, making it essential to provide a program that enhances students' mental, emotional, and relational wellbeing.

Did you know that

65%

of students feel anxious and unprepared about their future in the post-pandemic era?



*Source: www2.ed.gov

Wellspire™, India's first wellbeing-powered performance program for schools

This is where ConsciousLeap strives to partner with Educationists. In collaboration with India's leading life coaches, counselors, and educators, ConsciousLeap has developed WELLSPIRE™ – a holistic program that fosters mental wellbeing integrated with life skills. The program further goes on to equip students to overcome challenges and failures, and sustain wellbeing through their pursuit and their journey of success.

Salient Features:

- The one-of-a-kind curriculum adopts an activity-based experiential methodology in the classroom setting with no disruption to the existing academic ecosystem.
- It integrates pedagogies of social-emotional learning, life-skills, and ConsciousLeap's proprietary Make You Happen framework to build and foster sustainable wellbeing habits.
- Spread over three years, the program empowers students to learn, interact, and gain the skill set to self-reflect and actively 'learn by doing', providing a holistic platform for success in academics, career, and life.
- Easy to implement for teachers while enriching their mentoring skill sets.

Overview: Benefits and Outcomes

This program offers a unique solution to the challenges facing young minds today. By learning to think and self-introspect, students gain greater self-confidence, improved social behavior, better motivation and focus, and the ability to sustain wellbeing and deal with mental and emotional challenges. All this enhances their performance in academics and in the journey of success.

The year-wise goals and outcomes

Recommended age: 10-14 years

1st Year

Understanding Self

They learn to think for themselves and become confident, enhancing their wellbeing

2nd Year

Self manage and build relational skills for wellbeing

They learn to accept ebbs and flow of relationships, thus impacting their wellbeing positively

3rd Year

Integrating wellbeing with success

They learn to navigate their journey of success and begin taking charge of their results

School curriculum integrated approach

Just one class per week for 20 weeks that can be easily integrated into the existing teaching schedule.

Wellspire™ Journal of Wellbeing



Step 1

Inspiring and self-reflective fun activities that students can do with the My Journal of Wellbeing in Class.

Step 2

The context for doing the activities is explained by the teacher in a class.

Step 3

End-of-week online submission of answers to reflective questions, and interactive quizzes that make students feel empowered.

Wellspire™ is a pioneering early intervention to build foundations of holistic wellbeing in students. Through a dynamic pedagogy and in partnership with school leaders, the programme is nimble footed to implement in a school's existing curriculum set up.

The Wellspire™ Programme emphasis on imparting various skills like understanding of self, expressing and regulating emotions, the ability to adapt and cope with challenging situations, among others. These comply with the 'protective measures' recommended by UMMEED guidelines for curtailing self-harm against students. The experiential and self-introspection methodology of Wellspire further syncs with the NEP 2020 guiding principles of learning.

About ConsciousLeap, the power behind Wellspire™

ConsciousLeap is a holistic Wellbeing and Lifeskills Platform for students that integrates success and wellbeing with life goals to empower individuals.

Through various programs, it aims to make mental wellbeing accessible for people, helping them navigate their own life challenges. ConsciousLeap's engagement products have empowered several individuals to attain their goals successfully.

These programs and courses aid students in building lifeskills that will develop their personality and enhance their self-esteem.

What educators say about ConsciousLeap's programs



"Thank you so much for kick-starting this journey towards finding a passion for our students! The students shared that they found the program insightful and engaging!"

– Kiran Sethi,
Founder of Riverside School & Design for Change



Building foundation of *your* wellbeing

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Mumbai, 400056, India



"ConsciousLeap Wellspire™ program is greatly helping our children to think about their personality and strengths in a positive way. This programme is excellent for their emotional and mental development"

– State Nodal Officer,
Samagra Shiksha, Uttarakhand Govt



"The positive behavioral shift of students is pretty evident in their eagerness to know in detail the various fields of career. The knowledge is helping them in working to achieve their dreams. The students are filled with hope and confidence."

- Mrs. Reeta Khanna,
Principal of Springdale College

For more information, you can contact our Solutions Head, Munish Malhotra, on munish@consciousleap.life or call on **+91 99111 15060**

For a demo and our other program offerings, visit our website www.theconsciousleap.com

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