

MAKE  
YOU  
HAPPEN

Senior School Program Series

# UNIQUE SELF EMPOWERING PROGRAM THAT MAKES STUDENTS SUCCESS AND WELLBEING READY



For age group 15-18 years olds aimed at:

- Setting goals
- Identifying paths to achieve them
- Fostering resilience in the face of setbacks
- Cultivating a positive mindset

Young minds are facing challenges unlike any generation before them.

From academic performance to social acceptance and future career prospects, 15-18 year olds face a constant barrage of demands.

40%

students are confused about their career - Times of India

36%

students in India are suffering from declining mental health

As adolescents transition into young adulthood, they are often burdened by pressures and expectations such as: What's next?

Which path does one take?

How does one find success that is fulfilling as well as befitting their potential?

Adding to this is peer pressure, unreal expectations due to social media, and overt dependence on technology.

Topped with FOMO and VUCA, these conditions can lead to stress and anxiety.

All this results in confusion, disappointment, low self-esteem, and low motivation to sustain their success journey. This vicious cycle affects their academic performance and hampers their future career prospects.

Let's give them a hand!

## Presenting ConsciousLeap's



Designed using ConsciousLeap's proprietary Make YOU Happen Framework, the MYH Program Series is especially relevant for Senior Students who are keen to pursue their passion with conscious efforts.

The MYH program inspires young minds to rise above self-defeating tendencies and supports them with an actionable roadmap towards their journey of success.



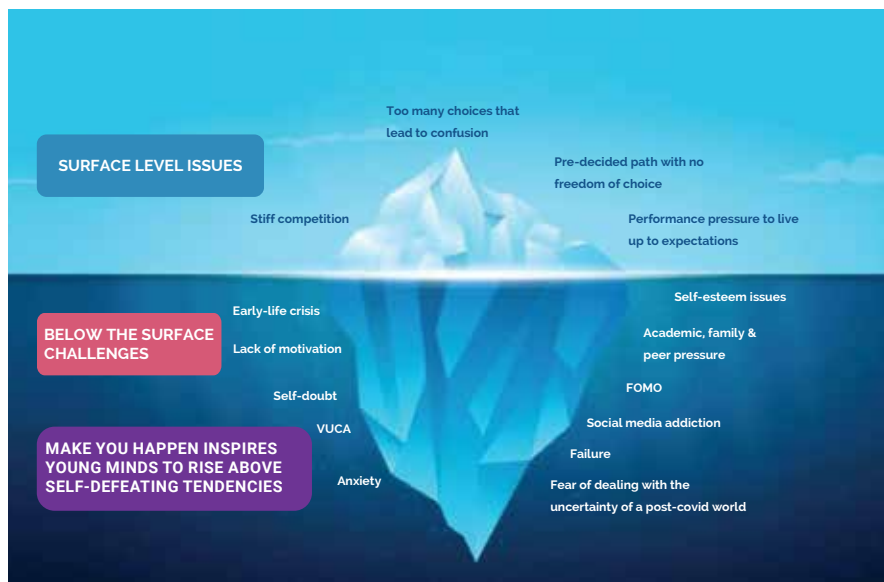
### Personalised roadmap to success

- Clear and actionable sense of direction
- Commitment to success
- Self Empowerment



### Integrate well-being to success

- High wellbeing quotient
- Resilience towards challenges





1 Day - 8 hour format



25 week curriculum format that dovetails into the school schedule



**The program will be instructor led and delivered in person**

## Program Objectives

The program includes an inspiring learning experience with a two-pronged objective:

1. Enable participants with the ability to activate their potential and become future-ready
2. Empower participants to lead a fulfilling life as they learn to manifest their success across academics and life

## Program benefits

- Get clarity and focus by decluttering the mind
- Help students commit themselves to success
- Develop the ability to deal with stress and anxiety
- Make students resilient towards change
- Sustain a positive mindset that can steer them on a virtuous cycle of success



## Personalised Solutions for Success

Designed using ConsciousLeap's proprietary Make YOU Happen framework, the goal oriented focus of the program engages students to:

- Identify a dream they are most passionate about
- Plan a course of action to make it a reality
- Be resilient to change and overcome failures
- Prepare them to walk on this path
- Equip them to deal with challenges that will help them manifest their goals

## About ConsciousLeap

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

Through various programs, it aims to make mental wellbeing accessible to young minds, helping them navigate their 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.

### Testimonials:



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 new hope and confidence.

– Mrs. Reeta Khanna  
Principal, Springdale College



Prioritizing Dreams, Manifesting Warrior and Handling Outcomes...they have added to my ongoing learning as they inspired me to work towards my dream more effectively and efficiently.

– Krishna Kumar  
MBA Student at BML Munjal University






I would love to recommend this program to my juniors and I'd tell them that by attending this workshop, your 'monkey mind' would get a clear idea about what you really want to do in life. Thank you ConsciousLeap!

– Reet Vishnani  
Student at Springdale College



Building foundation of *your* wellbeing

For more information, you can contact our Solutions Head, Munish Malhotra,

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