

# Workshop - Mpower Workshop

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12<sup>th</sup> April

## **Topic- Mindfulness**

We are all capable of creating more resilience, feelings of inner calm, and sense of deep confidence. When we practice mindfulness, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future. This workshop aims to create an understanding of the philosophy and science of mindfulness by using techniques to overcome stress and explore oneself.



# M- Power Workshop - Parveen Shaikh

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- ▶ Parveen Shaikh is a counselling psychologist, career and life skills coach.
- ▶ She has been working in the Mental health, Educational & development sector for the past 22 years.
- ▶ She has successfully completed projects on Mental health well-being, career counselling & coaching, life skills development for various schools, government agencies, corporate organizations, Indian and International NGOs.
- ▶ She is currently the Head of Outreach and Collaborations at Mpower, an Aditya Birla Education Trust initiative.

