



Scrollwell

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In Collaboration with



Presents

07 Days Faculty Development Program on Cultivating Mental and Emotional Well-Being for Teachers



CALL FOR REGISTRATIONS

Date: April 21 - 27, 2025 | Time: 7:00 PM - 8:00 PM
Mode: Online (Zoom Video Conferencing)



“07 days FDP on Cultivating Mental and Emotional Well-Being for Teachers ”

Overview of FDP: This FDP is designed to help educators develop effective stress management strategies, enhance emotional well-being, and build resilience for a more fulfilling teaching experience. Participants will gain practical tools to integrate mindfulness into their daily routines, improve communication with students and colleagues, and create a positive learning environment.

Key Highlights:

- Learn simple and effective mindfulness practices for stress reduction
- Understand the impact of stress on teaching effectiveness and personal well-being
- Develop emotional resilience to navigate daily challenges with confidence
- Enhance communication skills to foster better relationships with students and peers
- Gain practical self-care strategies to maintain balance and prevent burnout

Focused Audience:

The expected participants of the programme includes

- School and college educators across disciplines
- Faculty members and academic professionals seeking personal and professional growth
- Educators experiencing stress and looking for practical well-being strategies
- Anyone interested in mindfulness, stress management, and emotional resilience

Topics to be covered:

- **Self-Care for Emotional Wellbeing:** Build healthy habits to support your mental and emotional balance.
- **Managing Different Roles:** Learn how to balance work, life, and responsibilities with ease.
- **Mentoring that Connects:** Discover what truly resonates when guiding and mentoring students.
- **Psychology of Communication:** Improve how you connect and communicate with clarity and empathy.
- **Body-Mind Connection:** Understand how thoughts impact physical health and well-being.
- **Self-Talk for Balance:** Shift your inner dialogue to create peace and confidence.
- **Release Techniques:** Let go of mental stress using simple, effective tools.
- **Reprogram Subconscious Patterns:** Break free from limiting beliefs and habits.



Mode of Delivery:

Resource Persons will deliver lectures in interactive mode and conduct hands-on sessions in FDP mode through Zoom Video Conferencing platform.

Confirmation of Participation: On receipt of registration, participants will be sent confirmation of their participation through email. Participation for this program is limited. Apply early to avoid disappointment

Bonus

- Free 20 min personal counseling/ Mentoring Call
- Further 1 to 1 Counseling/ Mentoring Package
- Detailed module of the FDP content & Recording.
- Recorded Guided meditation
- Advanced Course with Live & Recorded Support
- Workbook and Affirmations

FDP Details

- FDP Date: 21 - 27 April, 2025
- FDP Time: 07:00 - 08:00 PM
- Instructor: Vinay Gosavi & Dr. LeeAna Sane
- Language: English
- Validity Period: Lifetime
- Fee: 500+GST

Registration Link:

<https://scrollwell.com/07-days-fdp-on-cultivating-mental-and-emotional-well-being-for-teachers/>

For more information,

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Instructors



Vinay Gosavi

Co-Founder- WeArise

M.Phil. (HRD), MS (Psy. & Counseling), D.B.M

He is an effective trainer and facilitator with over 16 years of experience. He has imparted training to over 1,50,000 individuals. His training specialization is: Emotional wellness, positive attitude, power of self talk, interpersonal skills, communication skills, stress management, public speaking & presentation skills, team building, leadership skills, personal effectiveness.



Dr. LeeAna Sane

Co-Founder- WeArise

Ph.D. (Counseling), USA, M.S. (Communication & Counseling)

She is a highly skilled corporate trainer & counselor with over 17 years of experience. She has positively transformed over 150,000 individuals through her training & over 50,000 through her counseling & mentoring interventions in India & USA. Her core areas of training are: psychology of communication, effective communication skills, public speaking & presentation skills, emotional wellness, relationship, stress management, time management, and professionalism at workplace, interpersonal skills & conflict management, team building, leadership.