

MAGNIFY & ACCELERATE SUCCESS



YEAR LONG STUDENT MENTORSHIP PROGRAM FOR ACADEMIC SUCCESS

Especially Designed for
Students of Class 10th & 12th
Students Appearing for Entrance Exams.
Achieve Success Without Stress.

Brought to You by Life Coach & Clinical Hypnotherapist
RACHNA MURDESHWAR

**What Does a Student Need to Be Successful AND Happy?
Does Knowing the Subject well actually help? ...Unfortunately.. Not Always...**

Common Setbacks/ Challenges faced by a Student

- ✦ Extreme Stress
- ✦ Peer Pressure
- ✦ High Anxiety Levels
- ✦ Less Focus & Concentration Span
- ✦ Low Confidence & Self Esteem
- ✦ Memory & Retention Power
- ✦ Right Time Utilization
- ✦ Nervousness/ Black out During Exams
- ✦ Frustrations/ Setbacks
- ✦ Expectations from Parents/Teachers & Self

Skills required by a student to be academically successful without excessive stress:

- ✦ Study Skill
- ✦ Time Management
- ✦ Goal Setting
- ✦ Focus & Concentration
- ✦ Memory
- ✦ Self-Belief
- ✦ Confidence
- ✦ Stress Management
- ✦ Strategies for appearing in Exam
- ✦ Prioritizing Skills

HOW WILL THIS MENTORSHIP PROGRAM HELP A STUDENT?

Teach Them Skills to Manage the Challenges & Improving Mental & Emotional Strength.

- ✦ To help Release Negative Thinking
- ✦ Quick Visualization Tricks for Stress Management
- ✦ Goal Setting on Daily Basis
- ✦ Exercises for Memory & Focus Enhancement
- ✦ Sessions for Confidence Boosting
- ✦ To Maintain calm, relaxed & confident Attitude During Test/ Exam
- ✦ Self-Hypnosis for Achieving Goals
- ✦ Creative Visualization
- ✦ Affirmations
- ✦ Mental Banking
- ✦ Counselling for Personal/ Growing up Issues

DELIVERY PLAN: Exclusive Group of Only 15 Students (preferably of same class)

- ✦ Group Session of 90 Minutes/ Month
- ✦ One to One Counselling Session on Joining the Program and then every Alternate Month
- ✦ Access to Mentor through emails and WhatsApp on Weekly Basis
- ✦ Additional Help as and when necessary

For Enrolment or Further Information, Call 9371029694 or mail rachna@mindmiracle.net