

# the new me

a resource to Empower Personal growth, specifically  
aimed to be a part of the school curriculum,  
facilitating an approach and outlook to life,  
right from the early years.



"Love what you have, accept what you receive,  
give what you can,  
Forgive what you can, and bless what you see...  
Be the source of light..."

# how to project your inner self?

**Assert your individuality**  
**Influence others**  
**& translate the power in you---to success.**  
**It is important to know," what you stand for"**

# background & need



To create tomorrow's society, we need to produce healthy citizens, who can adapt themselves to the contemporary world.

The influence of human personality upon the functional efficiency of a nation has been widely recognized. The personality can also be modified to a certain extent by knowing the principle of "LEARNING TO BE".

## WHAT WE NEED

Life skills, together with Education  
to meet the demands of everyday life  
to develop cognitive abilities  
and psycho-social capacities  
to manage physical and emotional well being  
to imbibe an attitude  
and to build on knowledge

# benefits & impact



**'THE NEW ME' is conceptualized with the objective of removing the barriers that stand in the way of the expression of individual personality.**

## **THE PROGRAM IS USED TO BUILD**

Self esteem  
Emotional maturity  
General well being  
Attitude  
Behavioural changes

# how it works



## LEARNING THE LESSONS OF LIFE

By adopting a structured programme that employs participatory and experiential techniques, the intent is to focus on real skill development.

people . neera kohli



An innovative and forward thinking Senior Educator and Administrator with over 33 years of experience in teaching and demonstrated expertise in developing strategies to drive academic improvement at all levels of educational development. As a communicator, I have effectively worked with people at all organizational levels in support of the long-term directives and am experienced in creating a stimulating and challenging learning environment, conducive to the highest level of achievement.

Based on my academic and administrative experience, I have conceptualised 'The New Me' - a Personality Development Program aimed at School children, which through Modules and workshops, drives growth, development and innovation. As a resource to Empower Personal growth, 'The New Me' is a program specifically aimed to be a part of school curriculum, facilitating an approach and outlook to life, right from the early years.

Come join me in the journey to discover The New Me!

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