



ProHR Solutions

Helping gain life skills for a better tomorrow.

Education is an integral part of building a family, society and the nation. The psychological and educational development of each student of today's world calls for additional mentoring other than the classroom teaching. Choosing values and ethics, right thinking, gaining self-confidence and many more aspects of growth need to be cultivated at the right age.

We are a team with rich Industry exposure and thus share practical experiences to make the learning of students memorable and useful.

We bridge the gap in qualification ~ knowledge, awareness ~ understanding.

We assess, understand, counsel and train. We have been conducting various programs for Academic and Professional Institutes. Empowering 'THE INDIVIDUAL' is our motto.

Our training programs are designed to meet future needs and demands. We make the students learn how to convert strengths into skills and instil self-motivation and a 'can do' attitude. The ultimate purpose is to make each of them stand out with their hidden potential. We provide an excellent platform to explore and find out the real self.

We prepare the students for tomorrow, today!





TRAINING AND COUNSELLING

We assess, understand, counsel and train.

Each individual is born with enormous possibilities. Some explore it and flourish quite naturally, some others take time to explore and the rest hardly explore it.

We aim at helping the student to explore and flourish the possibilities through Global Assessment, Counseling and Training (G-ACT). Empowering 'THE INDIVIDUAL' is our motto. G-ACT is based on a unique combination of multilevel assessment, counseling and training. G-ACT has both individual centric and group centric intervention programs.

We execute the whole cycle of training and development starting from Training Need Analysis to Post Training Evaluation.



We conduct a need analysis to understand the core needs of participants and decide the level of training (basic/advance/expert) and plan team size, duration accordingly. Our team of experts design exercises and tests suitable to the group of participants. We believe and hence prepare participative programs where in each participant plays a significant role in the success of the program.

We don't mask programs and thus create an environment of natural unfolding and learning. Some of our salient features that have ensured us success and positive feedback every single time are:

- Assessment based training
- Wonderful insights through self tests and exercise
- Participative program to make it interactive
- Motivational and inspirational inputs
- Case studies and real life experience sharing
- Methods of applying learning to practice
- Post training support in addressing queries and concerns
- Discussion Forums

Some of our training programs:

- Basic Communication Skills
- Personality Development
- Time Management
- Assertiveness
- Goal Setting
- Self-Motivation
- Positive attitude
- Smart study habits
- Memory Techniques
- Career Planning

We make it customized for your exact need!

Our Approach:

To bring effectiveness, the batch of students is divided into considerable group sizes. Another aspect of effectiveness is planned by making the students brainstorm on relevant topics as per the session and then sharing of the tips or checklists by the trainer. This makes the students confident of the findings as they themselves play a part rather than simply being at the receiver's end.

Role-plays make the students aware of different approaches to situations and also learn from others. This gives the students a platform to observe, express, analyse and bring in a fresh outlook.

Various games and exercises are used to make the students learn as well as practice the inherent message of the program. Moreover, these help in making the students participate more.

The uses of relevant audio-visuals are in place to add liveliness in the sessions.

Over and above all these activities, special care has been taken in imparting the trainings in a stress free and interactive manner by the trainers. The trainers talk in a language that a student can identify with.

Duration and batch size: These programs are conducted for a batch of **25-60** students depending on the nature of program. The duration ranges from **4 hrs to 36 hrs**. The same can be worked out after assessing the level, needs and expectations of participants.



WORKSHOP FOR STUDENTS

This workshop is designed as an activity based learning system which is different from any conventional classroom teaching. The objective is to make the students participate in exploring the much-needed traits and demonstration at their level. There are certain characteristics which parents, teachers or even anyone in the surrounding start expecting from students and these can only be taught in a manner that is helpful and clearly visible. If a child cannot see the spark of the need and how to utilize it, that will become another burden like the heavy load of a bag full of books he carries on his back.

Duration of this workshop is 5 Days. This can be delivered to a batch of 40 – 60 participants (Preferably VIII to X std.). Outline of the program and its content is given below:

DAY 1

- Self Awareness
- Purpose of schooling
- Goals and focus in life

DAY 2

- Memory Techniques
- Mind Power

DAY 3

- Positive Attitude
- Concentration – Smart Study Habits
- Self Motivation

DAY 4

- Responsibility
- Discipline
- Respect

DAY 5

- Values and ethics
- Coping
- Getting along with others



WORKSHOP FOR TEACHERS

It is our belief that to create a better world we need to create better and empowered individuals. We help teachers for empowering students by providing assistance for their self-development and personal growth. Teachers play a major role in providing quality education to the children and make them aware about their hidden potential. The increasing course content and competition in every walk of life has created a difficult situation for students. Students are not able to cope up with this burden and thus easily fall in the trap of depression. Also they are in the state of inferiority complex as some children grasp very fast as compared to them. In this scenario, teachers are required to instill a sense of confidence, develop positive attitude and make the students get ready to take up bigger challenges in learning.

There are some common problems which teachers face while imparting knowledge and virtues:

- Normal classroom teaching does not motivate students
- Most of the students are not attentive during classes
- Instilling self-discipline is a real tough task
- Students do not participate in interactive teaching sessions
- Students feel that teachers do not understand “their world”

Our workshop is designed keeping these in mind and we aim at delivering solutions to day-to-day issues. Other than the regular self-tests, exercises and group activities, we also take up case studies for exchange of ideas and thoughts.

Duration of this workshop is 2 Days. This can be delivered to a batch of 10-20 participants. Outline of the program and its content is given below:

DAY 1

- Self Awareness and role of teachers
- Purpose of teaching
- Understanding the students
- Strategies

DAY 2

- Effectiveness of Teaching
 - o Pre-teaching
 - o During teaching
 - o Post teaching
- Challenges and Solutions
- Effective Discipline
- Self-Management



PARENTS SURVEY AND COUNSELLING

We are working for the cause of child education. Our prime focus is to provide quality education to the children and make them aware about their hidden potential. We are committed to provide each child - a solid foundation, which in turn leads to the overall development and growth. We encourage children to dream but more importantly, equip them with appropriate tools and techniques so that they are empowered to convert their dreams into reality.



With our innumerable interactions with children of different age groups, we have identified many common problems being faced by them. Your own experience too will show that:

- Every child wants to do better but doesn't know how
- Most of the children complain that certain subjects are boring
- Parents complain of low level of concentration
- Many children go in depression when they are not able to perform up to the expectations of their teachers and parents

We are conducting parents' survey to understand the developmental needs and create a platform to help children, schools and parents. We use the inputs as an asset to bring in a qualitative change in this regard. **BE A PART OF THE CHANGE.**

We also provide counselling support to parents on specific cases on need base.

Write to us at: info@prohrsolutions.in

Visit us at: www.prohrsolutions.in

