



JAMAL MOHAMED COLLEGE ALUMNI ASSOCIATION (SINGAPORE CHAPTER)

MOTIVATIONAL WORKSHOP FOR SCHOOL STUDENTS



WORKSHOP DETAILS

Day/Date: Sunday, 17 FEBRUARY 2013
Time: 10.00 am to 1.00 pm
Venue: EDUQUEST INTERNATIONAL INSTITUTE
1 Sophia Road #07-13
Peace Centre
Singapore 228149

SPEAKER

Ms S VIMALA, B.E. (Comp. Science & Engrg.)

- Certified Hypnotherapist
- Specialist in Counselling Psychology
- Professional Member of National Guild of Hypnotists, USA

HOW TO REGISTER?

Contact Number: 63981020
Email: contact@jmc alumni.org.sg
Limited Seats on First Come First Served Basis.

YOU ARE CORDIALLY INVITED.
THANK YOU.



WHY THIS WORKSHOP?

This Workshop is aimed at helping Children to manage Stress through Relaxation, Planning and Working towards their desired goals in Examinations.

TOPICS

Overcome Fear/Emotional Limitations

Time Management

- Planning
- Doing School Work

Effective Learning

- Mind as a Video Camera
- Concentration
- Active Learning
- Taking Notes
- Revision

Be Positive

- Confidence
- Overcome Nervousness

Exam as a FRIEND

- Taking Test
- Memory Recall