

Life Skills - Unleash Your Potential

The life skill program for the graduate students of St Edmund's College was initiated on the 23rd of April 2022 till the 14th of May 2022. This program is an initiative of IQAC St Edmund's College in collaboration with Hundredfold Academy, Shillong. The key Master trainer of the program was Mr. Sunny Mawlong a certified life coach and soft skill trainer.

Phase 1 of this life skills was conducted for four days mostly on weekends. The outline of the topics are as below:

Date	Topics	Outline
23rd April 2022	You are Unique	The learners discover their uniqueness and personality strengths.
2nd May 2022	Effective Communication	Learner learns the art of transferring messages, importance of tone and body language.
7th May 2022	Resume & Cover letter	The learners are able to write a correct and impressive Resume and a cover letter.
14th May 2022	Art of Introduction & Handling FAQs	The learners master the art of self introduction and how to handle frequently ask questions in the interview.

This program was attended by students from various departments and was conducted in the Chemistry department hall. The program was well supported by the Department of Chemistry of St Edmund's College and coordinated by Asst. professor, Mr. B. Lyngkhai of the Department.

The program had a positive response from the students and they had a good learning experience.

Hundredfold *Academy*



Proposal
St Edmunds College

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About Us

Hundredfold Academy is a training solutions consultant headquartered in Shillong, Meghalaya that specializes in conducting customized training programs for every strata of society.

We at Hundredfold Academy believe in assessing and understanding the requirements of our clients by conducting training need analysis and by using various assessment tools. We do not only offer/sell our clients off the shelf programs but also custom design programs to meet their requirements and provide optimum training solutions to them.

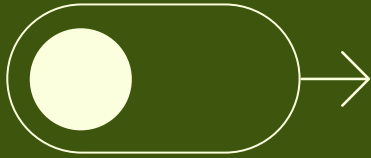
Our trainers carry with them a wealth of experience ranging from conducting trainings programs for children in the age groups of 4 years and above, students, teachers, young professionals, corporates, and State & Central Govt. offices and so on.

We exist, because there is a growing need and realization among individuals and organizations to fine-tune their processes and make their productivity optimal. And in doing so, we've had numerous opportunities to learn from our clients to be able to adapt to different modus operandi and provide our best services to them.

Hundredfold Academy is an ever-evolving project, focused in its endeavor to adapt the best practices, models and pedagogies so that we keep up with the needs and requirements of our clients.



What



We Do

- Corporate Training Programs
- Faculty Development Programs
- Life Coaching
- Personality Development Program
- Customer service & Sales Effectiveness Program
- Finishing Schools
- Employability Up scaling Program
- Motivational Workshop
- Leadership Empowerment Program
- Student Development Programs
- Kids Development Program
- Community Development Program
- Awareness Program



Our Unique Selling Propositions

- Customize Programs
- Wealth of Experience
- Trainers are certified
- Provide trainings in various regions
- Hybrid training model (online/offline)
- End to end training process
- Premium Content

Methodology

- AV Presentation
- Role Play
- Games & Activities
- Story Telling
- Case study
- Psychometric assessments
- Group Discussion

Planning & Delivery



Our future growth relies on competitiveness and innovation, skills and productivity... and these in turn rely on the education of our people.



Off - the -shelf products

- Discover your uniqueness
- Enrich your personality
- Power of Perception
- Relentless Optimism
- Be high on emotional intelligence
- Become a good time manager
- Strengthen your mental health
- Manage your stress
- Be an effective communicator
- Inter personal Behaviour
- Team Dynamics
- Networking & PR Skills
- Problem Solving & Decision making
- Creative & Analytical skills
- Conflict Management
- Leadership
- Bulletproof Motivation
- Unshakable Confidence
- Business etiquette
- Empathy
- Goal Setting
- The art of customer service
- Sales effectiveness
- English made easy
- Grooming & Hygiene
- Interview skills



Life Skills

Unleash your potential

Hundredfold Academy suggest phase wise sessions for the students of St Edmunds College. Each phase has four sessions

Phase 1

Session 1:

Tools to discover your potential

Duration: 1 hour

Session 2:

Effective Communication

Duration: 1 hour

Session 3:

Writing a Resume and Cover Letter

Duration: 1 hour

Session 4:

Tools to discover your potential

Duration: 1 hour



Life Skills

Unleash your potential

On completion of phase 1 the students can opt for phase 2

Phase 2

Session 5:

Building a positive attitude

Duration: 1 hour

Session 6:

Power of Perception

Duration: 1 hour

Session 7:

Emotional Intelligence

Duration: 1 hour

Session 8:

Time Management

Duration: 1 hour



Life Skills

Unleash your potential

The final phase of the program is after completion of phase 1 and phase 2

Phase 3

Session 9:

Relationship skills

Duration: 1 hour

Session 10:

Leadership

Duration: 1 hour

Session 11:

Mental Health

Duration: 1 hour

Session 12:

Problem solving & Decision making

Duration: 1 hour



Investment



Training fee per session

INR 3000

Tentative day and time

Every Saturday from 12:00 Noon - 1:00 P.M

Tentative date for start of the program

23rd April 2022



Master Trainer



Sunny Mawlong



Sunny Mawlong has wealth of knowledge and skills in the field of coaching and training with an experience of more than 20 years. His educational qualification is a post graduate degree in Economics and in Business management. Some of his certifications includes a certified Masteries Practitioner coach and member of International Association of Coaching. He also has a certification in soft skills from City & Guild, United Kingdom. The other certifications are on DISC profiling and NLP.

His training and coaching methodologies are very energizing and learner centric. He has a broad spectrum of clients coverage in the field of training which ranges from Corporates, Government sector, Business houses and Education. He has conducted training pan India and currently is the Managing Director of Hundredfold academy.



Master Trainer



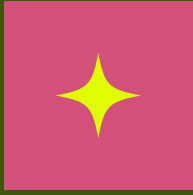
Eva Warjri



Mrs. Eva Warjri who is currently a Director of Hundredfold Academy and Immanuel Coaching Academy has a work experience of 15 years, she was an International cabin crew for 10 years and currently is a soft skills trainer and certified counsellor from the National Council of India, a marriage counselling facilitator from Prepare enrich, New Zealand .She has also completed her international certification a C3 Training program for Teachers of Pre-school and Primary Children from Faith Work Asia(India) collaboration with Highlight-UK.

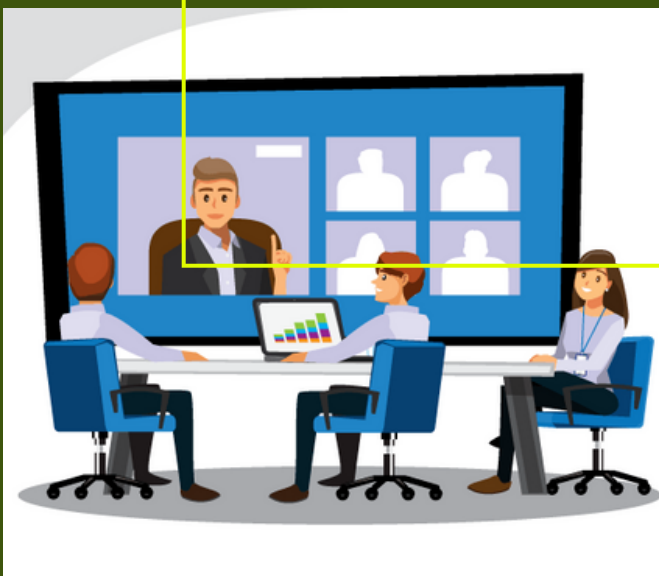
Some other add on certification are General management and Project management program from IIM Shillong.





Thank

2022



You

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Shillong**

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