***Pankaj Garg***

## Course Proposal

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| Course Title | *Improving performance in exams and interviews* |

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| Subject | *Well-being and mental health* | Age Group | 11+ |

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| Number of Lessons |  *8* | Duration of Lessons | 60 Mins |

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| Key Skills | *Improving performance**Positive thinking**Setting and achieving goals**Visualizing techniques* |

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| Course Overview | Understanding how our mind works will enable students to avoid negative self-talk. Methods will be provided to build their ability to have positive thinking and positive outlook in life.The course will be helpful for student to build self-esteem. It will also talk about the techniques to prepare for exams and interview. The course will introduce students with the visualization techniques to improve their performance.  The course will talk about the various successful people and what they do to improve their performance. The course will include examples of few successful people and their life journey to motivate the students and improve their performance. Using techniques of NLP and mindfulness, students can be benefited with tools for improving and maintaining their performance. |

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| Lesson Titles | Lesson 1: How our mind sabotages us – Eliminate negative self talkLesson 2: Build the ability to think positiveLesson 3: How to build self-esteemLesson 4: How to prepare for exams or interviewsLesson 5: Visualization techniques for improving performanceLesson 6: How successful people improve their performanceLesson 7: Biography of successful people in their field Lesson 8: Role of mindfulness to improve performance |

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| Picture  | https://www.google.co.uk/url?sa=i&url=https%3A%2F%2Fcommons.wikimedia.org%2Fwiki%2FFile%3APerformance-Evaluation-Process-z.jpg&psig=AOvVaw3k3\_YJVtiIj5p4B\_p3kagk&ust=1598617890788000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCKiCsvuxu-sCFQAAAAAdAAAAABAE |