# MOTIVATIONAL WORKSHOP FOR SCHOOL STUDENTS

## WORKSHOP DETAILS

<table>
<thead>
<tr>
<th>Day/Date:</th>
<th>Sunday, 17 FEBRUARY 2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time:</td>
<td>10.00 am to 1.00 pm</td>
</tr>
</tbody>
</table>
| 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@jmcalumni.org.sg**

Limited Seats on First Come First Served Basis.

---

## 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

---