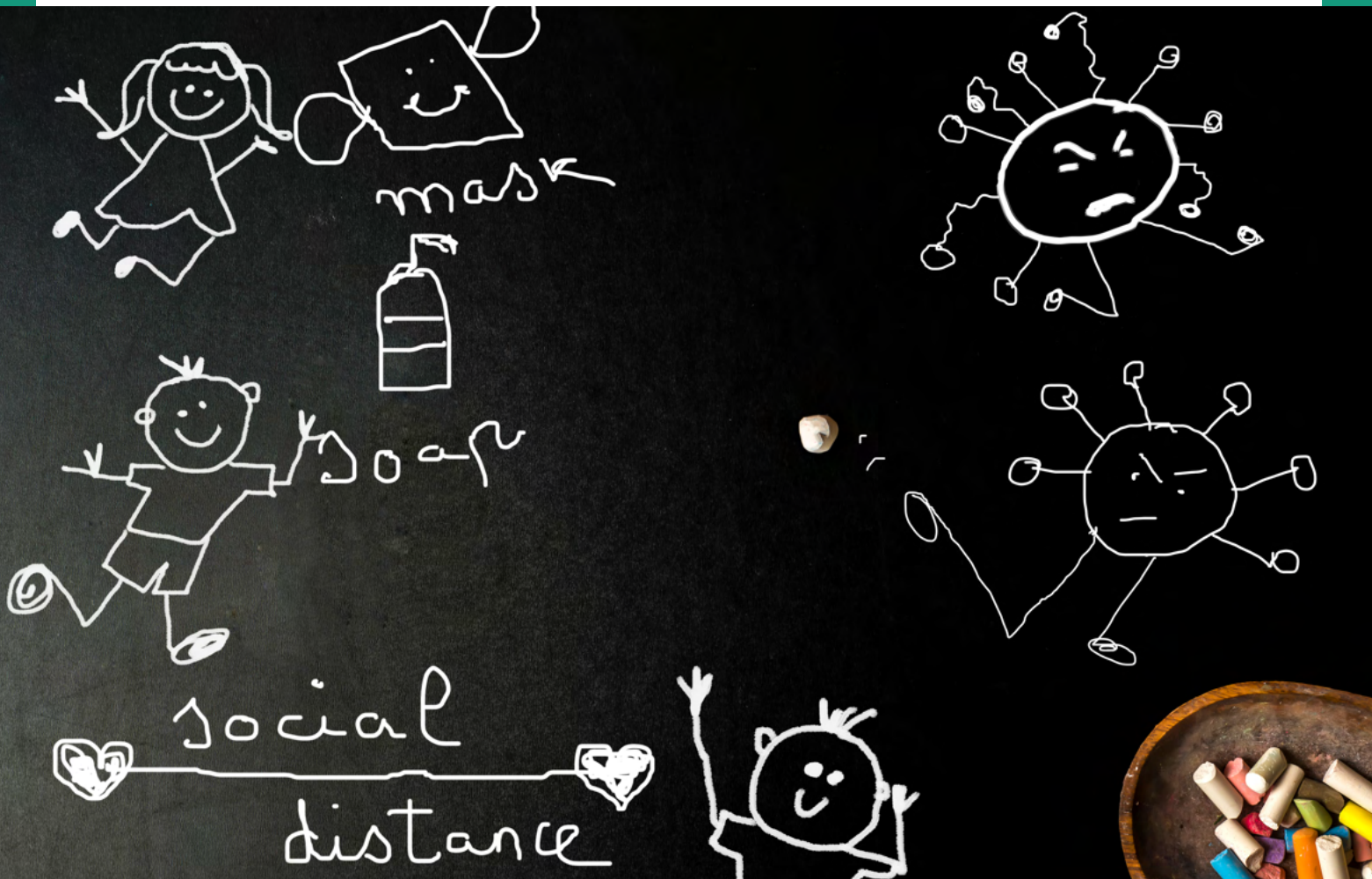


# THE CHANGEMAKERS

Official newsletter of EngaZer's

January 2021



Change is Inevitable  
COVID-19 has changed the world.

Unimaginable is now **IMAGINABLE**  
Unrealistic is now **REALISTIC**  
Undoable is now **DOABLE**

The world has changed, it's now time for us

**TO CHANGE.**

1

## It's the New Normal

Post COVID-19 is a new era. It demands change.

2

## Focus on feeding the Mind

Curiosity is the root of every learning, innovation and action.

5 ways to Improve Curiosity

3

## Focus on Emotional Hygiene

Cleaning your mind from harmful emotions is as important as cleaning your body from harmful bacteria.

5 ways to practice Emotional Hygiene

4

## Focus on Engaging Listeners

Engaging your listeners is the key to winning their hearts

5 ways to Engage Listeners

5

## A word of thought

Words can create miracles. Check their influence!

6

## Highlights of Year 2020

Have a look to all our activities in 2020

7

## Programs offered by EngaZer's

Learning is a continuous journey. Keep walking with our programs

8

## Smile Please

A sneak-peak into our fun and engaging virtual sessions

# IT'S THE NEW NORMAL

Oh it's Normal!!! Can you behave normal?? Normally, it doesn't work or happen like this? How we were all used to these statements!!

But COVID-19 has changed everything. Everything that appeared NORMAL before 2020, has changed.

The world now operates in a NEW way. The method of doing businesses **has changed**, the method of learning **has changed**, the travel industry **has changed**, the communication mode **has changed**, our lifestyle **has changed**, our entertainment **has changed**. There is a least possibility of life getting back to old NORMAL!!. People have now found and adapted NEW ALTERNATIVES, NEW PROSPECTS, NEW LEARNINGS and NEW EXPERIENCES.

*While we all are anxious to make our living in this NEW NORMAL, why not make a few changes in our life to align with this new WORLD!*

*Let's change our FOCUS!!*

FOOD is to SURVIVE, CURIOSITY is to LIVE

Stomach should be fed for survival and not living & MIND should be fed for LIVING not survival.

In this NEW NORMAL. let's focus on feeding our MINDS.

Remember,

No curiosity	No questions
No questions	No answers
No answers	No action
No action	No learning

Feeding mind to attain your goals and objectives is a gradual and continuous process.

Start now.....

- Generate curiosities
- Find answers
- Increase your knowledge
- Enhance your learning.

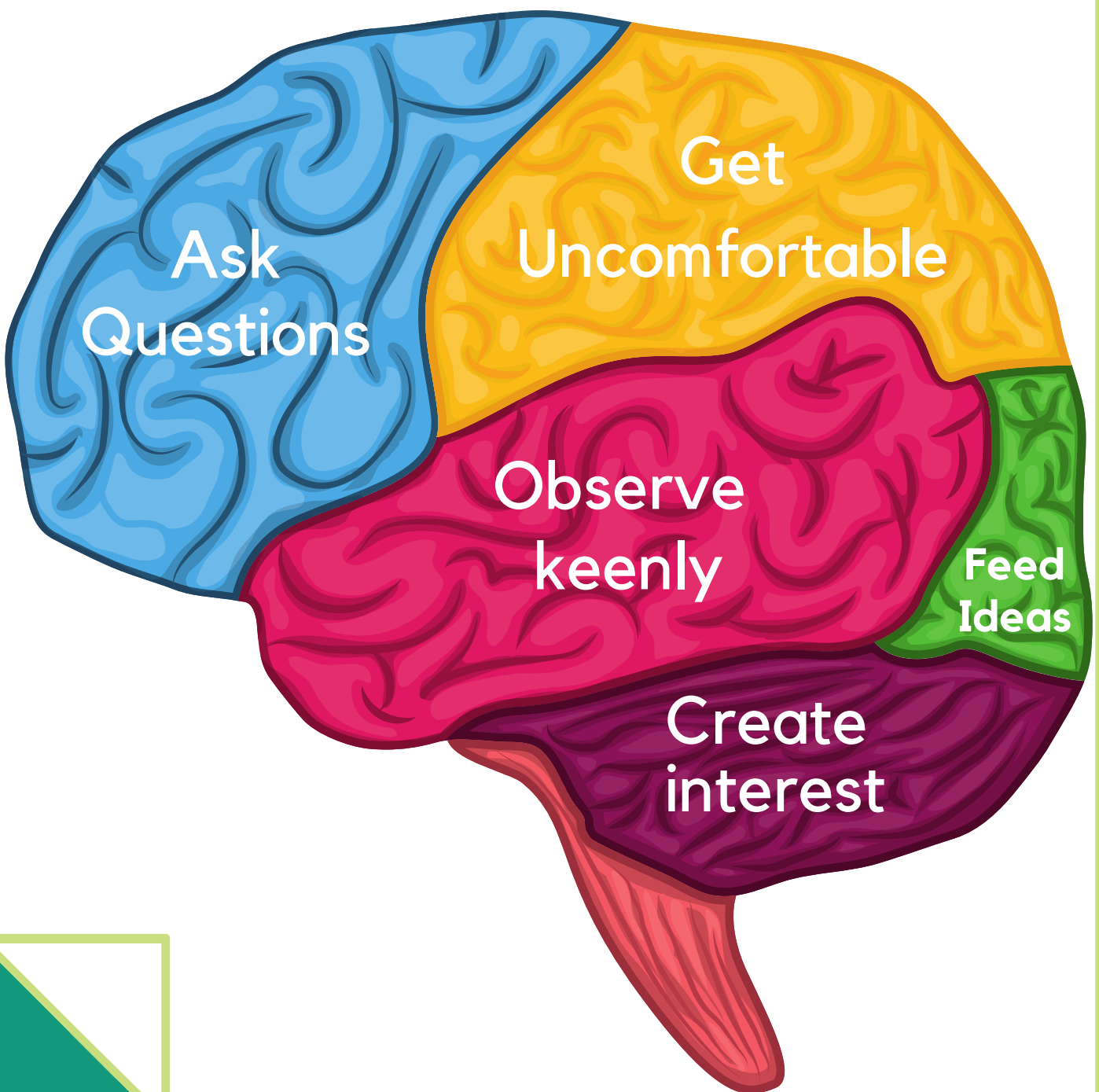
In this NEW NORMAL, start feeding your mind and stretching it to absorb greater learning.

**Achieve your desired objectives,  
live your dreams and become a  
CHANGEMAKER!**

**FOCUS  
ON  
FEEDING  
THE  
MIND  
  
NOT  
  
THE  
STOMACH**



# 5 WAYS TO IMPROVE CURIOSITY



**FOCUS  
ON  
EMOTIONAL  
HYGIENE  
NOT  
THE  
PERSONAL  
HYGIENE**

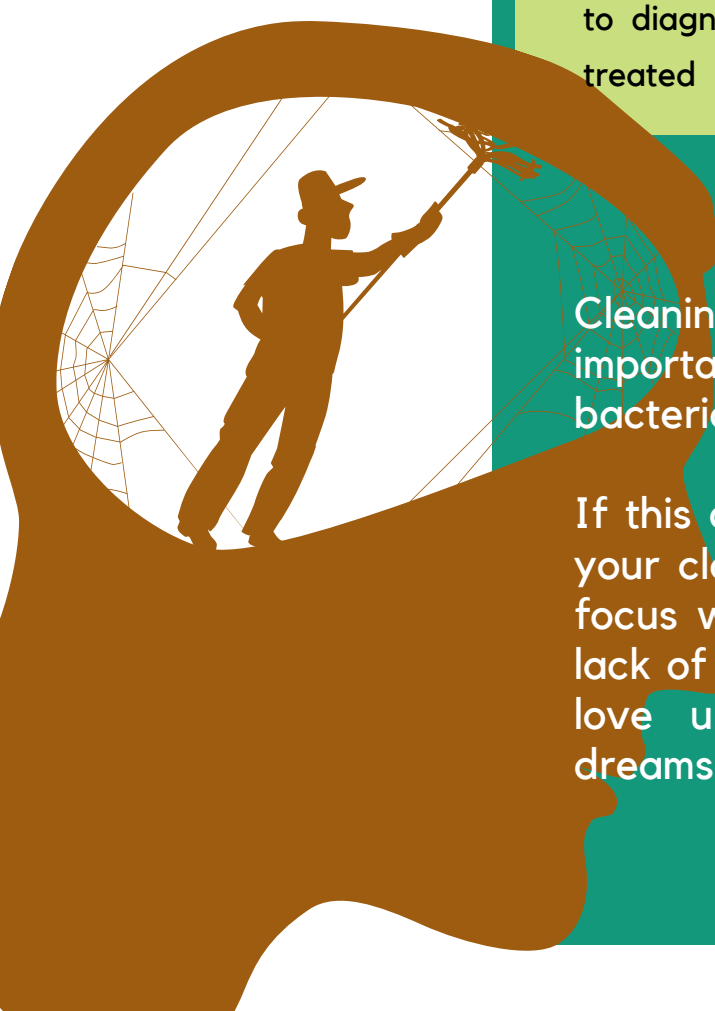
Like Personal hygiene that involves cleansing of our body from dirt, bacteria and bad odour, Emotional hygiene involves cleansing of mind from anger, anxiety, fear, failures, sadness, frustrations.

### **Personal Hygiene**

- Involves cleansing of body
- Removes Dirt, Bad Odour & Germs from the body
- Lack of Personal hygiene leads to physical illness - fever or infection,
- Physical Illness often easy to diagnose and can be treated

### **Emotional Hygiene**

- Involves cleansing of mind
- Removes anger, anxiety, fear, rejection, failure, loneliness from the mind
- Lack of emotional hygiene leads to mental illness – Anxiety, Depression, lack of confidence
- Mental & Emotional illness difficult to diagnose and often left untreated



Cleaning your mind from harmful emotions is as important as cleaning your body from harmful bacteria.

If this dirt of negative emotions makes a heap, your clarity of thought, positivity, strength and focus will all be affected leading to confusion, lack of self-belief, lack of confidence, trust and love ultimately affecting your career, your dreams and your life.

# 3 WAYS TO PRACTICE EMOTIONAL HYGIENE



## MINDFUL DISTANCING

1. Identify a negative thought.
2. Get caught up in that thought for 20 sec and strongly believe it.
3. Say in your mind - I am having the thought.....
4. I notice i am having a thought.....(your thought)
5. Play with your thought ....give a comic voice to it, or sing it in a silly voice.
6. Now, throw it far away ; pick ; throw it far again ; pick, throw again
7. What has changed?

## DEVELOP A NEW THOUGHT

1. Identify your negative beliefs.(Write it)
2. Question your thought
3. Check if that is 100% true
4. Would you be happier without that though?
5. How this thought is making you feel
6. Now, turn the whole sentence. (An Alternate thought)
7. Repeat the process and check what you feel
8. Affirm your thought if positive
9. Let your old belief go now. Replace with new belief
10. What change do you feel now?.



## WEEKLY OUTBURST

1. Fix a day in a week.
2. Throw all your frustration, sadness, anger in any way you like.
3. Talk to people involved, fight with them. Discuss all your misunderstandings, thoughts and grievances. Empty your mind from all negative emotions & thoughts.
4. Thereafter bury them forever.
5. Never ever think or discuss about them again.

Expression of your thoughts and ideas is a key element of communication. And the most important mode of expression is SPEAKING.

**Content and language** are two parameters we focus on, when preparing ourselves for presentations. We try to use the best of vocabulary, grammar, quotes and visuals . As a child, we even ask our parents to prepare the content for us as we are not confident of using impressive vocabulary, phrases and sentences.

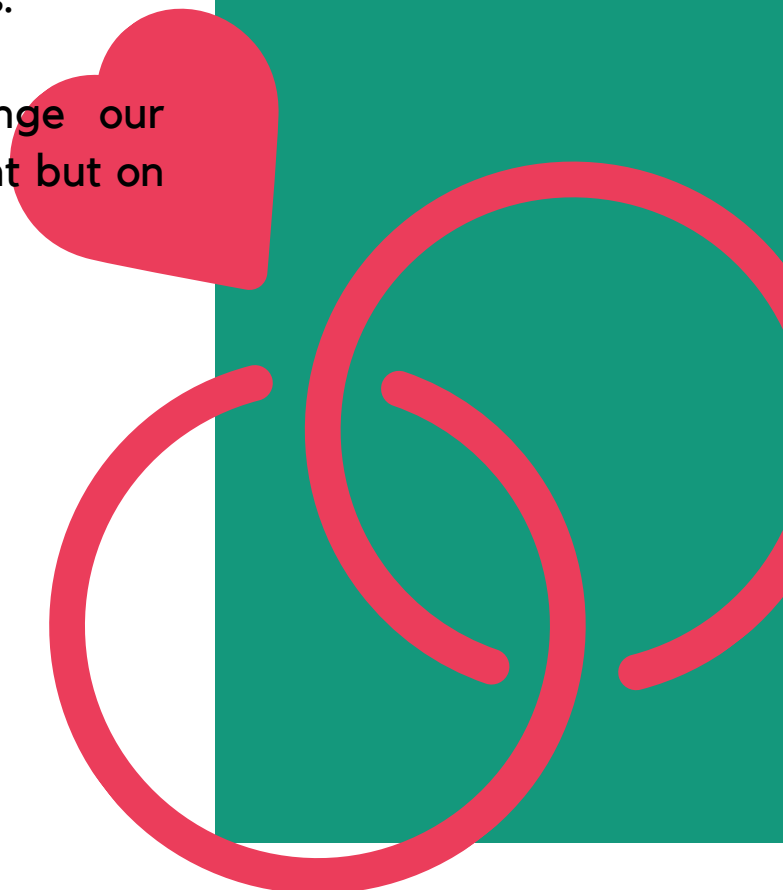
However, the fact is - if you are unable to catch your audience's attention and establish a connection with them, you cannot leave a mark on them, no matter how good your speech content is. Your speech/presentation must engage & connect with listeners.

In this New Normal, let us change our FOCUS. Not on the quality of content but on **Engaging and Connecting**.

**LOOK**  
**SMILE**  
**LOOK**  
**ENGAGE**  
**CONNECT**  
**CONQUER**

**FOCUS  
ON  
ENGAGING  
THE  
LISTENERS**

**NOT  
ON  
CONTENT**





# 6 WAYS TO ENGAGE LISTENERS



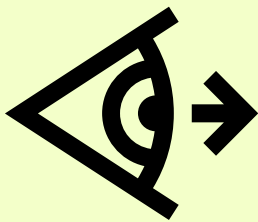
## Know your Audience/Listeners

Helps you to be prepared accordingly



## Wear a Smile

Smile is contagious. Grabs immediate attention



## Look in their Eyes

The words are spoken but the vibrations are transferred through eyes. Impossible to engage if you don't look into their eyes



## Share a personal experience

Personal experiences are REAL. They are believable



## Use Simple & Short Sentences

Short & Simple sentences are understood by all, irrespective of age or nationality



## Use "Pauses"

Short pauses help listeners to absorb and retain what they heard

# A WORD OF THOUGHT

E

Prepare your child to earn rewards for themselves and Enjoy their LIFE



E

Your money is the reward of your hard work.  
Enjoy your LIFE



E

ENGAGER'S



**BELIEVE - ENGAGE - CONQUER**  
We let curious minds  
**EVOLVE**



E

Enrich your child with Self-belief & Learning and not with Comforts and Luxury



“

Don't think where you  
**FAILED**  
Think where you didn't  
**PAY ATTENTION**

”



E

ENGAGER'S

## SELF LOVE

When you love yourself,  
You glow from the inside  
You attract people who love,  
respect and appreciate your energy

Everything starts with and how you,  
feel about yourself. Start feeling worthy,  
valuable and deserving of receiving  
the best life has to offer.

**Be Magnetic**

E

“

I'm learning to  
**LOVE MYSELF**  
it's the hardest  
thing I've ever  
done

I do not try  
to be better  
than anyone else  
I only try to be  
**better than myself.**

- Dan Jansen

E

# HIGHLIGHTS OF YEAR 2020

**Fun  
EngaZe**

**Chat  
Mornings  
with  
Moms**

**Trick  
&  
Talent**

**DebaterZ**

**Puzzle  
Magic**

**Ask  
Questions**

**ME  
AMO**

**Goal  
Setting  
&  
Planning**

**October  
Olympiad**

**December  
Dazzle**

**Whiz  
Kids  
Forum**

**Engineer  
Your  
Best**

Every child is born with a GIFT. This program lets children unwrap that gift to fall in love with it and feel powerful, confident and happy.

Children learn to :

- Love themselves
- Appreciate themselves and their efforts
- Believe in their strengths, talent, and power.
- To dig further into their capabilities and passions
- Handle their mistakes and failures
- Understand how grit can help them achieve their goals
- Be thankful for their life and possessions leaving them happier and healthier

**ME AMO**  
Self Belief is the First Step to succeed in life.

STEP 1  
STEP 2  
STEP 3  
STEP 4  
STEP 5  
STEP 6  
STEP 7  
Success

THE FIRST STEP IS ALWAYS THE HARDEST.

Don't worry we're there for you!  
Take your first step with our 4-week program on Self Belief, Persistence and Gratitude  
Age Group - 9 to 16 years

ENGAZER'S

EngaZer's presents  
**WHIZ KIDS FORUM**  
Peer Learning platform

Showcase your skill  
Lead & Inspire  
Master presentation skills  
Gain confidence

"Every child is a whiz kid, they only need to identify & polish it"

One child per session will be entitled to exhibit his/her skill (Refer to Terms & Conditions in Google Form link)

EVERY 1ST & 3RD FRIDAY  
5.00PM TO 6.00PM (UAE TIME)

Whatsapp: 971 50 8985144 ; Email : engazeme@gmail.com ; www.engazers.com

We believe every child either has a talent or has mastered a skill. However, it remains hidden within their home or restricted to a small group. We at EngaZer's recognize them and offer them an opportunity to exhibit their skill with a wider reach.

Benefits to the Children :

1. Gains confidence on their skills
2. Improve their presentation skills
3. Learn to lead and inspire
4. Gains recognition

There is no term as BAD parenting. But we all chase GOOD parenting.

Parenting is naturally GOOD. Different styles apply to different children. One style of parenting may be good for one child but may not apply to another child.

Through our "Chat Mornings with Moms", we shared some UNCONVENTIONAL PARENTING styles and tips, that we rarely hear of or read in books but are very much present in our lives and memories.

Unconventional Parenting

CHAT MORNINGS WITH MOMS

27th October 2020  
11.00am - 12.00pm (UAE Time)  
Zoom Online

RSVP : Preety Gupta  
Whatsapp : 971 50 8985144 / 91 98106 80396

ENGAZER'S

Engage  
2  
Connect

Fear is not  
REAL

Curious  
MINDS

ENGAGER'S  
presents

**DECEMBER  
DAZZLE**

DECEMBER 14, 2020  
DECEMBER 17, 2020  
DECEMBER 22, 2020

A 3-session series for children  
to conquer their fear,  
hesitation & Self-doubt

Register for FREE  
(Open to all international children)

(Only 10 children per session)  
Age 8-15 years

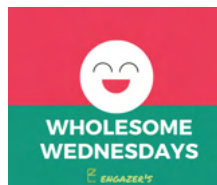
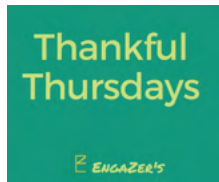
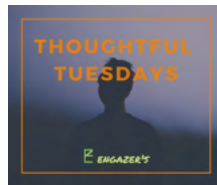
www.engazers.com  
Whatsapp: +971 50 8985144; Email: engazeme@gmail.com

## To win over your fear, hesitation and Self-Doubt

What the child gained?

- Learned to identify and handle their fear and doubts
- Open the magic box of curiosity and shine with its sparkle
- Learned the simple technique of engaging to connect with family, friends, teachers and peers.

A month of 31 fun filled activities for a great learning



ENGAGER'S  
presents

**October Olympics**

**31 FUN FILLED  
ACTIVITIES**

SUNDAY STORIES  
MAGICAL MONDAYS  
THOUGHTFUL TUESDAYS  
WHOLESOME WEDNESDAYS  
THANKFUL THURSDAYS  
FABULOUS FRIDAYS  
SYMBOLIC SATURDAY

Contact  
WHATSAPP: +971 50 8985144  
EMAIL: ENGAZEME@GMAIL.COM

JOIN  
ENGAGER'S

## GOAL SETTING & PLANNING

A 3-session course to enable a child to identify their goals & plan the activities.

8th November (5.00pm)  
10th November (5.00pm)  
12th November (5.00pm) (UAE TIME - GMT+4)

Course Fee : AED 60

A goal is often considered to be difficult and unachievable. Hence, children often feels uncomfortable in setting a goal and planning to achieve it. It is an added stress to them. We reverses this notion.....

What the child gained?

- Learned the importance of Goal in Life
- Learned to set a Goal
- Learned the tools for effective planning and post planning evaluation
- Learned to overcome exam anxiety
- Learned to overcome the fear of failure

# PROGRAMS OFFERED

**ME AMO**

**GOAL SETTING & PLANNING**

**ENGAGING LISTENERS**

**INFLUENCE & COMMAND**

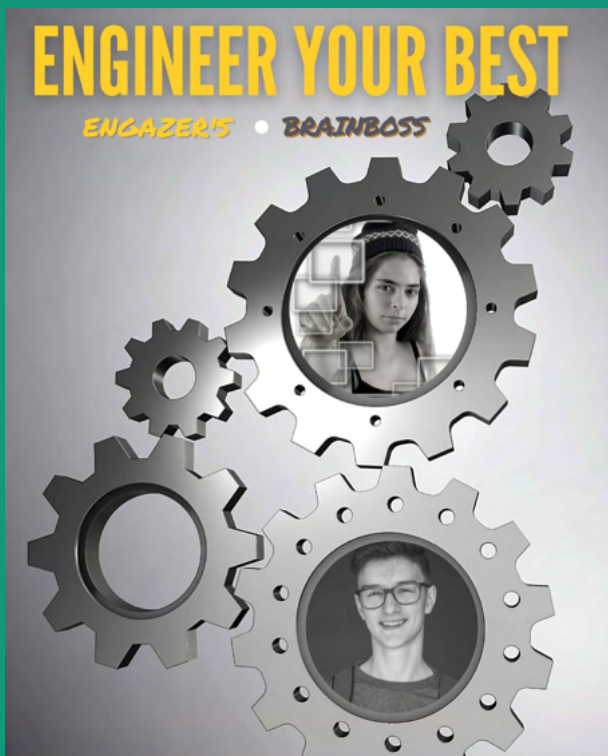
**DEBATING & CRITICAL THINKING**

**IGNITING IMAGINATION**

**ANALYSIS & PROBLEM SOLVING**

**ENGINEER YOUR BEST**

# ENGINEER YOUR BEST



## MEET YOUR FACILITATORS



**PREETY GUPTA**

Preety Gupta is a Business Management Professional with over 20 years experience in Corporate large-scale global operations and trainings.

She currently helps kids and teenagers emerge as Global Leaders and Change Makers with her innovative concept EngaZer's that has influenced over 1000 young brains.



**SILKE GLAAB**

Silke Glaab is a Psychologist (M.A.) and Life coach with over 15 years experience in coaching and counselling. She has worked for 9 years as school counselor in International Schools in Kenya and Dubai.

She currently helps ChangeSeekers rapidly reach their goals with her BrainBoss Method.



engazeme@gmail.com



info@brainbossmethod.com

## COURSE CURRICULUM

### ENGINEER YOUR HEALTH

EAT WELL	MOVE WELL	SLEEP WELL
Eating habits lay the foundation of our health. Learn the impact of eating well on your performance.	Our bodies are designed to move. Move your body, grow your brain.	The body heals & repairs when we sleep. Learn the consequences of disrupted sleep & the importance of sleeping well.
1 session (30 mins)	1 session (30 mins)	1 session (30 mins)

### ENGINEER YOUR EMOTIONS

CONTROL	OPTIMISM	TRUST
Control teaches us how to respond to situations versus just reacting. Find ways to assess what is in your control & leave the rest.	Being optimistic allows us to create our own happiness. Look more through pink glasses & train your mind to think optimistically.	Trust is the foundation for Learning. Learn to trust yourself & others, embrace challenging situations & face them.
1 session (30 mins)	1 session (30 mins)	1 session (30 mins)

## COURSE CURRICULUM

### ENGINEER YOUR SUCCESS PATH

EXCELLENCE	SELF-CONFIDENCE	VISION & GOALS
Excellence is beyond ordinary. Everyone is capable of achieving excellency. Learn how to achieve it & observe the impact.	Self-Confidence is believing that you can achieve success & realizing your own worth. Explore key factors of your confidence & combat your fear & negative thoughts.	Vision is where you want to be. Goals help you to set stepping stones on the path to your vision. Learn to set SMART goals to achieve your vision.
2 sessions (30 mins each)	2 sessions (30 mins each)	2 sessions (30 mins each)

### ENGINEER YOUR MIND

MINDFULNESS	FOCUS	THINK WELL
Mindfulness is paying attention to yourself, slowing down & noticing what you are doing. Achieve everyday mindfulness with playful activities & meditation.	Check how you score on focus & concentration. Understand the natural state of mind is NOT to stay focused. Learn how to refocus instead to improve concentration.	Understand the difference between thoughts & beliefs. Learn how to let go of your limiting beliefs & replace them with power words.
2 sessions (30 mins each)	2 sessions (30 mins each)	1 session (30 mins)

A comprehensive program for Teens to push the limits of their Personal Excellency & Engineer their life to be their BEST everyday with the help of scientifically tested principles of positive psychology, neuroscience & mind training.

*A program designed for Schools & Children Institutes*



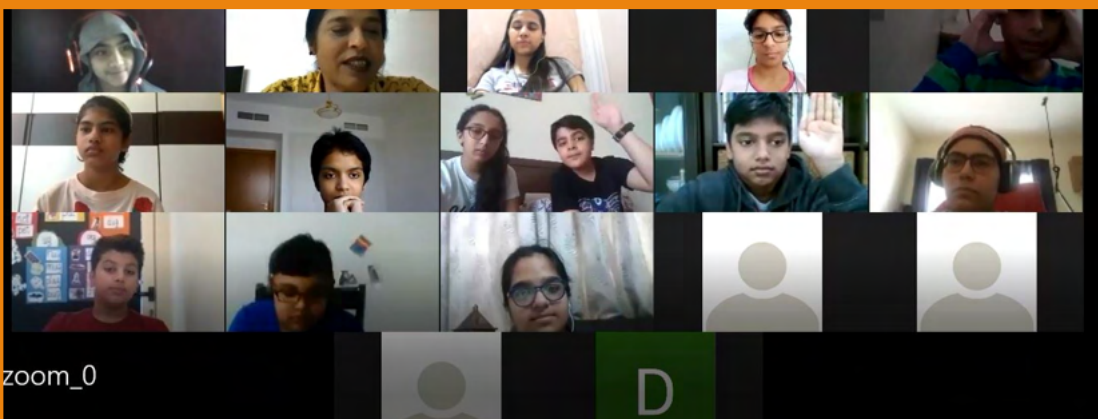
# SMILE PLEASE







# SMILE PLEASE




SIGN UP TO  
PREPARE  
YOUR  
CHILDREN  
FOR A  
GLOBAL  
FUTURE.



*Take the lead and become a change maker today!*

To register, contact:

 97150 8985144

 EngaZeME@gmail.com

