

THE CHANGEMAKERS

Official newsletter of EngaZer's

July 2021



K

Know

Y

Your

S

Self

1 **Who are YOU?**
what is your identity and how it is important!

2 **Do you know yourself?**
find out through set of various questions.

3 **What is there to know in ME?**
its ME so I know myself!

4 **Getting to know YOURSELF**
how do I start. from where do I start

5 **How difficult it is to know YOURSELF?**
we get our tags as we grow up! are they false?

6 **3 keys to know YOURSELF**
Unlock your identity

7 **Benefits of knowing YOURSELF**
every action should have a purpose and benefit. Learn the benefits of knowing yourself

8 **Storytime**
Stories are the best medium to learn

9 **Building Blocks of SELF**
what defines your identity and how you make it strong!

10 **How EngaZer's contribute**
EngaZer's contribution in your journey of KYS

11 **Highlights**
a sneak-peak into our fun and engaging virtual sessions and the programs offered

12 **EngaZer's programs**
Get to know about various programs offered

WHO ARE YOU?



YOU are the SUN of the Solar System

Your education, talent, aspirations, relationships, wealth are your planets. They depend on your light, warmth and energy. If you lose your energy, your warmth, your confidence, everything surrounding you collapses. If you lose your strength, if you are broken, everything that you have achieved will become dark.

We, unfortunately, take SUN as granted in our life and ignore its importance. Similarly, we take OURSELVES as granted and ignore our importance versus our planets.

To understand your importance, you
have to first know your POWER

Do you know yourself?

LET'S FIND OUT!

1. How do you think your life is?

- Easy
- Hard
- Complicated
- Adventurous

2. You are always.....

- Willing to try new things
- Reluctant to try new things
- Afraid of trying new things
- aware of what you like

3. Do you get easily embarrassed?

- Yes
- Not really
- It depends

4. You believe that getting to know yourself is...

- A lifelong endeavour
- A great adventure
- Hard but doable
- Impossible

5. Do you often find yourself feeling upset and not know the cause of it?

- Yes, that happens to me all the time
- It happens to me occasionally
- No, that never happens to me at all
- I sometimes find myself feeling that way, but then I sit down and think it through and usually can figure out the root of the problem.

Do you know yourself?

LET'S FIND OUT!

6. What is your best trait?

- Just one?
- I think it is....
- I dont knows

7. What do you fear

- Darkness
- Failure
- People
- Nothing

8. You rely the most on the opinion of ...

- Experts
- Family
- Friends
- Myself

9. Do you find it difficult sometimes to pick a movie to watch when you're alone?

- I don't watch movies alone
- Yes, it is very hard
- It depends on my mood
- No, I usually know what i like to watch

10.. You believe that knowing yourself is:

- A skill
- A job
- A gift
- A waste of time

WHAT IS THERE TO KNOW IN ME? I AM ME!!



Doesn't it sound insane that I need to know myself!!

What is it that I would not know?

Well, let us understand in this way!

When you learn that a new playstation or a phone is being launched, your questions are -

- Wow, what are the new features?
- Is it better than previous model?

When you buy it, you try to explore its each and every feature!



Yes, it is absolutely the same for you but with a little twist. Since the gadgets are non-living, you (the owner) explore their features.

Since you are a living being and owner of yourself - you need to do it that by yourself.

The creator has created you. It's a suspense, what features the creator has put in you! Won't you like to explore?

GETTING TO KNOW YOURSELF

You can only know about anything if :

You're **CURIOUS** to know!

Get Curious. Ask questions to yourself?

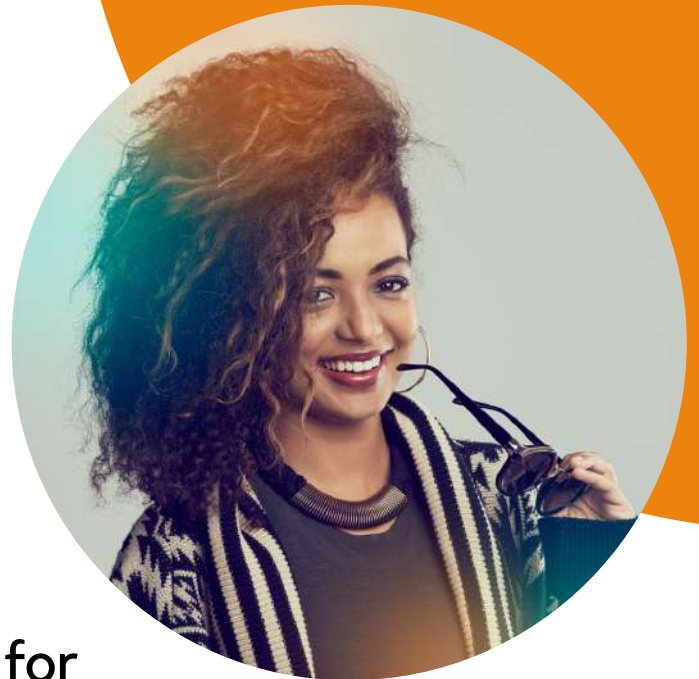
Know your features to make best use of yourself!

Update the existing features for maximum efficiency

Put the best available features to maximum use

Identify how different you are from others (competitor models)

How the new model (you) is better than Old generation models ?



HOW DIFFICULT IT IS TO KNOW YOURSELF?

Knowing yourself can be a tedious task. Why?

- ▶ Firstly, it can feel boring
- ▶ You may feel lost
- ▶ Too busy. Pre-loaded with so many things
- ▶ It may look confusing
- ▶ It feels useless

Most of the time, it never appears to us that we need to know ourselves. The day we start understanding the language, we are often told who we are!

Naughty ; Attention seeking; Problem creator; Good for nothing
Highly creative; Intelligent; Topper; Talented; Gifted

We are constantly defined by our actions. And hence, slowly we start believing and accepting what we are being told.



3 KEYS TO KNOW YOURSELF



SELF-LOVE

Self-love is the key to knowing yourself. If you do not love anything, if you do not have an interest in something, you will not feel motivated to knowing about it.

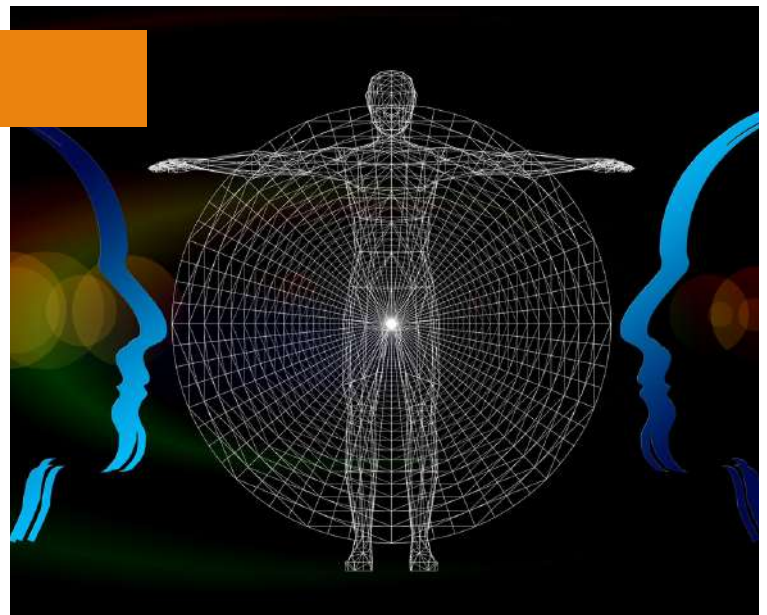
Identify what is there in you for you to love?
Look in the mirror - what a masterpiece you are!
Look at your achievements - what a talent you are!
Look at thoughts and feelings - what a beautiful way of thinking!!

SELF-AWARENESS

What do you do when you buy new phone or a new computer? You explore what are its unique features - what is good in this product and what is downside! Once you know it, you are able to use that product more efficiently.

Similarly, when you become aware of your good qualities, strengths and weaknesses you are able to lead and manage your life much efficiently.

Remaining ignorant about a product/yourself will lead to its under-utilization.



SELF-BELIEF

A belief is important to move ahead. When you start walking, it is your belief that lets you stand on your feet and move a step forward.

You will know yourselves better if you know what are things that you believe in !

Do you believe that you can win your next tournament?

Do you believe that you will learn swimming?

Do you believe that your idea can make you an entrepreneur?



6 BENEFITS OF KNOWING YOURSELF

Happiness

When you know yourself, you are able to express yourself better. When you express yourself better, you feel happier as you are more likely to achieve what you want

Better Decision Making

When you know yourself, you are able to make better choices from small decisions - like which movie would you like to watch this weekend to big decisions like what career will you choose for yourself.

Self-Esteem

When you learn your strengths, you tend to use them. When you use them, you receive appreciation. When you receive appreciation, you build on your self esteem and you feel proud of yourself

Self-Respect

Respecting ourselves is as important as respecting others. As children, it is easy to feel useless when scolded, punished or criticized. Your belief will help you to be positive and respect yourself at all times.

Build Strong Relationships

Belief & Trust is the essence of any relationship. When you know yourself well, believe in your strengths, no doubt can influence your relationship. When you trust yourself, you also tend to trust others.

Develop a Growth Mindset

Growth mindset is all about thinking positive and be able to overcome any challenge. Knowing yourself, develops a trust that you own your skills and and no failure can take that away from you.

STORY TIME

1. The Man and His Horse



A monk slowly walks along a road when he hears the sound of a galloping horse. He turns around to see a man riding a horse moving towards his direction. When the man reaches closer, the monk asks, "Where are you going?". To which the man replies, "I don't know, ask the horse" and rides away.

Moral of the story:

The horse in the story represents your subconscious mind. The subconscious mind runs on past conditioning. It is nothing but a computer program. If you are lost in the program, the program controls you and leads you wherever it feels like.

Instead, when you become self aware, you start to become aware of your programs and start looking at them objectively. Once you become aware of the program, you start to control the program and not the other way round.

2. The Lion and the Sheep

There was once a pregnant lion that was on its last legs. She dies soon after giving birth. The newborn not knowing what to do, makes its way into a nearby field and mingles with a herd of sheep. The mother sheep sees the cub and decides to raise it as its own.

And so the lion cub grows up along with the other sheep and starts thinking and acting just like a sheep. It would bleat like a sheep and even eat grass!

But it was never truly happy. For one, it always felt that there was something missing. And secondly, the other sheep would constantly make fun of it for being so different.

They would say, "You are so ugly and your voice sounds so weird. Why can't you bleat properly like the rest of us? You are a disgrace to the sheep community!"

The lion would just stand there and take in all these remarks feeling extremely sad. It felt it had let down the sheep community by being so different and that it was a waste of space.

One day, an older lion from a far off jungle sees the herd of sheep and decides to attack it. While attacking, it sees the young lion running away along with the other sheep.

Curious as to what was happening, the older lion decides to stop chasing the sheep and pursues the younger lion instead. It pounces on the lion and growls asking it why it is running away with the sheep?



STORY TIME (contd.)

The younger lion shakes in fear and says, "please don't eat me, I am just a young sheep. Please let me go!".

Upon hearing this, the older lion growls, "That's nonsense! You are not a sheep, you are a lion, just like me!".

The younger lion simply repeats, "I know I am a sheep, please let me go".

At this point the older lion gets an idea. It drags the younger lion to a river nearby and asks it to look at its reflection. Upon looking at the reflection, the lion much to its own astonishment realizes who it really was; it was not a sheep, it was a mighty lion!

The young lion feels so thrilled that it let's out a mighty roar. The roar echoes from all corners of the jungle and frightens the living daylights out of all the sheep that were hiding behind the bushes to see what was happening. They all flee away.

No longer will the sheep be able to make fun of the lion or even stand close to it for the lion had found its true nature and its true herd.

Moral of the story:

The older lion in the story is a metaphor for 'self awareness' and looking at the reflection in the water is a metaphor for 'self reflection'.

When the younger lion becomes aware of its limiting beliefs through self reflection it realizes its true nature. It is no longer influenced by its surroundings and develops a bigger vision in alignment with its nature.

Just like the younger lion in this story, you might have been brought up in surroundings that were negative and hence accumulated many negative beliefs about yourself. Bad parenting, bad teachers, bad peers, media, government and society can all have these negative influences on us when we are young.

As an adult, it is easy to lose yourself in negative thoughts and to start feeling like a victim by blaming the past. But that will only keep you stuck in the current reality. To change your reality and find your tribe, you need to start working on your inner self and focus all your energy towards becoming self aware.

The older lion in this story is not an external entity. It is an internal entity. It lives right inside you. The older lion is your true self, your awareness. Allow your awareness to shine light onto all your limiting beliefs and find who you truly are.

BUILDING BLOCKS OF SELF

V.I.T.A.L.S

V

Values

Knowing your values (healthy lifestyle, helping others etc.) is a key building block in self-knowledge. Values are what builds a persons standards, morals, and filters what's most important to them in life. The drive to fulfil your values is what keeps you motivated even when you are tired.

I

Interests

"Interests" include your passions, hobbies, or anything that draws and keeps your attention. To know your interests, ask yourself - What do you pay attention to? What are you curious about? What concerns you? The focused mental state of being interested give you clues to your deepest passions.

T

Temperament

"Temperament" is your personality. Do you restore your energy from being alone (introvert) or from being with people (extrovert)? Are you a planner or go-with-the-flow type of person? Knowing the answers to such questions help you move toward situations in which you may flourish & avoid situations in which you could wilt.

A

Around the clock activities

The "around-the-clock" category refers to when you like to do things. Are you a morning person or a night person? At what time of day does your energy peak? If you schedule activities when you are at your best, you are respecting your innate biology. My greatest thoughts comes to me at night . I'm able to stay up for long hours and finish a lot of work.

L

Life Mission & Goals

We all have aspirations when we are young, "When I grow up I want to be..." Our goals and aspirations change over the course of our lives and different events steer us in different directions. To have a overall life mission is very important. As long as we are staying true to the mission, we can achieve the best versions of ourselves.

S

Strengths

Strengths include not only abilities, skills, and talents, but also character strengths such as loyalty, respect for others, love of learning, emotional intelligence etc.. Not acknowledging your own superpowers could lower **yourself-esteem**. Likewise, knowing your weaknesses can help you be honest with yourself (or others) about what you are NOT so good at.

HOW ENGAZER'S CONTRIBUTE?

EngaZer's offer customized programs to suit the individual needs of a child or a group. Every child is different and so is our program content. We speak less, hear more. Children today needs to be heard more than being told.

When we talk about KYS (Know your self), our focus is to know a child first. We then guide them to use different tools to know themselves. Our role doesn't end with the completion of the course. We remain with children in their journey of self-discovery until they feel stable, confident and aware of moving ahead independently.

Our preference is always for 1:1 sessions as unlike school education, ours is a skill development program that is unique to each child.

However, we do undertake group sessions as well.

Free consultation/assessment is available on request.



HIGHLIGHTS OF TERM

JAN-JUN 2021



**The
IncredibleZ**



**The
EnchanterZ**



**Spring
Session
2021**



**May
Moments**



**June
Jewels**



**Whiz
Kids
Forum**

If an egg is broken by an outside force, LIFE ENDS!

If broken, by an inside force, LIFE BEGINS!

Great things always begin from THE INSIDE.....

Evoke the power within you and become "INCREDIBLE"Z" with our new program.

Remember, "Incredible YOU" ONLY will yield Incredible achievements

For Age Group - 9 to 17 years



THE ENCHANTER'Z

A 10-week Master program on Public Speaking

Why do we wish ourselves or our children to be a GOOD PUBLIC SPEAKER?

If you do have an ANSWER, we welcome your children to "The Enchanter'Z"

If you do not have an answer or are confused, we recommend your children to "The Enchanter'Z"

Public Speaking is much beyond delivering a speech on stage.....find why, how and what with us.

A plant is grown with many seeds, soil, water, sunlight and nutrients. Similarly, we grow with our knowledge, learning, skills, academics, intelligence and values.

Let's add some nutrients of learning and intelligence for a Stronger YOU.

3 Spring Super sessions:

1. Managing Personal Finance)
2. Communicating without words
3. Social Intelligence

For Children aged 10-17 years

IT'S SPRING TIME

Open your petals with 3 Super Sessions

It's may not be the age to learn Financial Money Management, but it's definitely the age to learn Financial Value Management

Value of Money is important to learn at an early age. Learn

- To manage your Pocket Money
- How to utilize monetary rewards
- Simple Budgeting Techniques
- Understand the difference between Wants & Needs

It's not "What U Say" It's "How U Say"

It is important "What u Say", But it is more important "How u Say". Combined together make up a complete Communication package

Learn the tips to use Non-Verbal communication tools in a most appropriate way, so what you convey sync with what you think and present!

"If you change the way you look at things, the things you look at will change"

How we look upon ourselves and how we perceive our surroundings has a big impact on our life. We are Social beings and possessing Social Intelligence for a better VISION becomes valuable in addition to Academic intelligence

What is Social Intelligence, how you gain, and what difference it makes to your life? Know it all here!

Take the LEAD and become a CHANGEMAKER today!

MAY MOMENTS



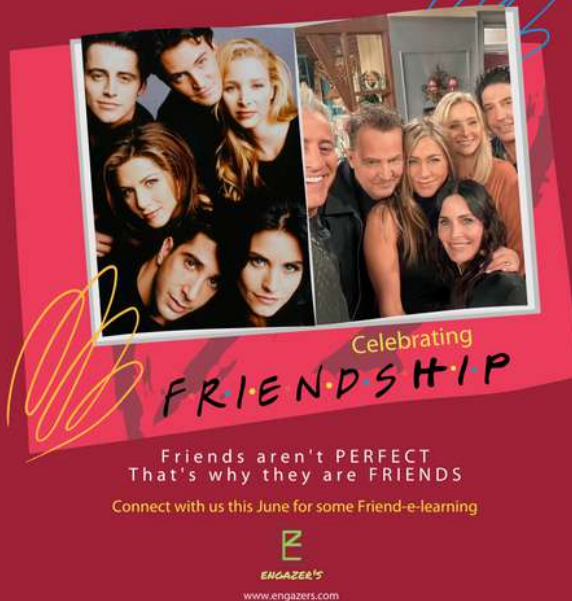
A month of 4 fun filled activities for a great learning



Friends are a cool breeze in hot Summers
 Friends are a warm cozy blanket in chilly Winters
 Friends are lifeline when you aren't well prepared for Exams
 Friends are the best stress-busters when you are in Lockdown
 Just the thought of a good Friend is enough to bring a Smile on our Face.
 A good friend is the most precious treasure. They are not Perfect. Like them and keep them with you always, and above all LEARN from them

This June, lets value these precious Jewels in our life and learn from their uniqueness and strengths.

JUNE JEWELS




DEBATER'Z



A 10-week Master program on Debating & Critical Thinking

ONLINE

A fantastic skill to gain confidence to speak, learn to build an argument & develop your critical thinking skills. An array of skills involved makes it one of the powerful learning tool.

It helps in

- losing the fear of speaking in front of an audience
- improving presentation skills
- doing research on important issues, using logical analysis
- creating depth to argumentation
- experiencing teamwork
- improving diction and pronunciation

The Incredible'Z

(A self-empowerment program)

The Enchanter'Z

(A public speaking program)

The Debater'Z

(A debating & critical thinking program)

PROGRAMS OFFERED BY ENGAZER'S

The Influencer'Z

(A leadership program)

Goal Setting & Planning

(A success program)

The Brain Booster'Z

(A thinkers program)



ENGAZER'S



**"Learning yourself deepens
your knowledge
Learning with MENTORS widens
your knowledge"**

**At EngaZer's we mentor
the Youth**



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