



PARENT ORIENTATION SUMMARY REPORT

AIM:

Orientation of MyPeegu, Introduction of counsellor and Emotion Coaching to parents.

PURPOSE:

- To update parents on the programmes given by my peegu at schools and the current position of the company.
- To understand the importance of mental health for children.
- To introduce the counsellor to the parents so that they can seek counsellor's help at any time.
- To deliver the importance of emotional coaching to children.

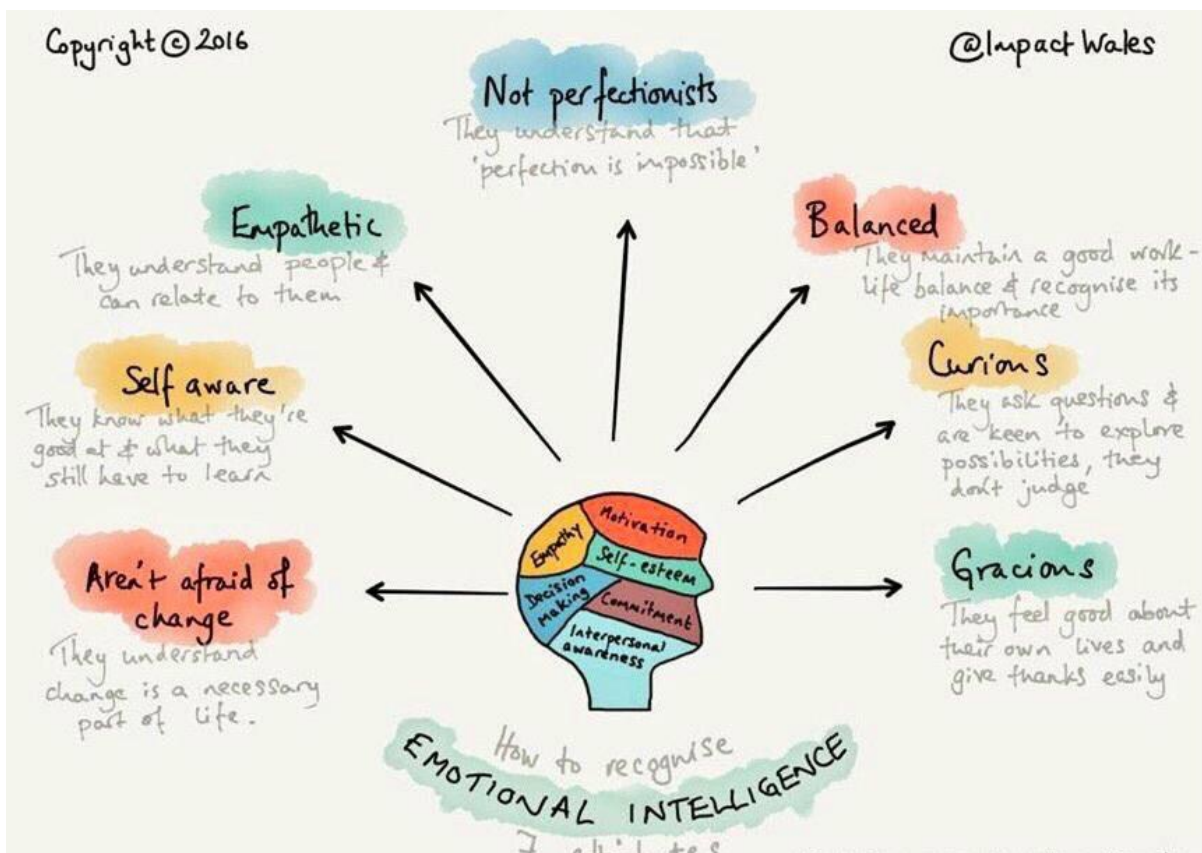
SUMMARY:

The orientation webinar was conducted by Miss. Anagha.K.A, Assistant Psychologist at MyPeegu, Noitacude Educational Services Pvt Ltd on 11-07-2020 Saturday for parents of Play Group students. A total of 35 parents participated in the session.

- The orientation was divided into 3 parts
 1. Introduction of MyPeegu counsellor
 2. Introduction to MyPeegu
 3. Importance of Emotional coaching for children.
- Anagha.K.A, Assistant Psychologist at Apollo National public school was introduced.
- The vision of My peegu was shared in the first half of the programme.



- My peegu belief, reach and the details of the nature of work was put forth before parents.
- A brief explanation was given on how parents, teacher and psychologists have to work together for an overall development of the child.
- Value addition of my peegu was shared, so that parents are aware of the different programmes.
- Awareness was given on how stress is playing a major role in the current pandemic situation and how parents are comparatively more susceptible to stress in the current situation.
- Parents were introduced to recognise their Emotional Intelligence, and how they can find a balance between interpersonal and intrapersonal intelligence of emotional competence which can affect the growth of children.



- Emphasis was given on emotionally healthy parents in order to coach children.
- 3 most common mistakes of emotionally responding to a child were shown.
- 5 handy Steps of Emotion Coaching was shared with the parents.
 1. Tune in – notice what is going on in your child's world
 2. Connect – say what you see (descriptive without judgements) & pause.
 3. Accept & listen
 4. Reflect
 5. Problem solve- when you are both calm.



- The webinar was open for queries from the parents.

QUERIES

The session was open for queries and feedback.

Emotion Coaching the Heart of Parenting

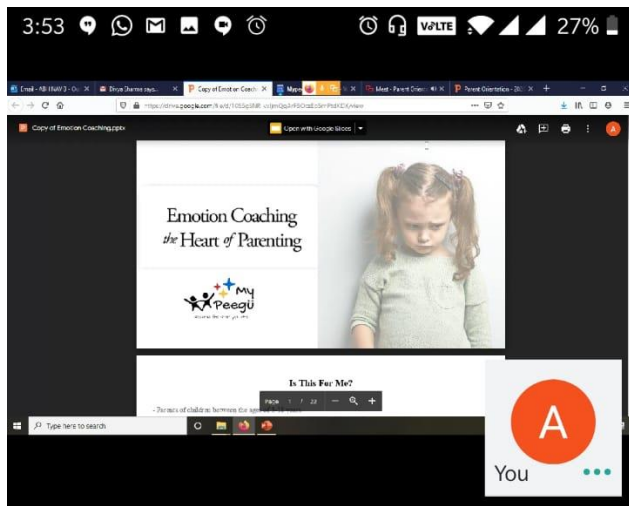
My Peegu
become the star you are

Is This For Me?

Chat Messages:

- Umesh Srinivasa Naidu** 2 mins
thanks for your time to put this together.
- Harshitha Rani ks** 2 mins
Thank you ...Nice session
- Prathima Gowda** 2 mins
Thank fot the [session.it](#) was good.
- Pooja Aravind** 1 min
Thank you... It was a good learning
- Sushma Mahendra** 1 min
Thank you
- Shreyashalusubbu S** 2 mins
Thank for the useful information
- sarita desai** 2 mins
Thank you..no
- Srilalitha br** 2 mins
Amazing secission thanks so muxh
- Mary Tharakan** 2 mins
An informative session. Thank you.
- manjunath n.v** 2 mins
Thank you

Send a message to everyone here



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shwetha ms 1 min
Thank you very much.

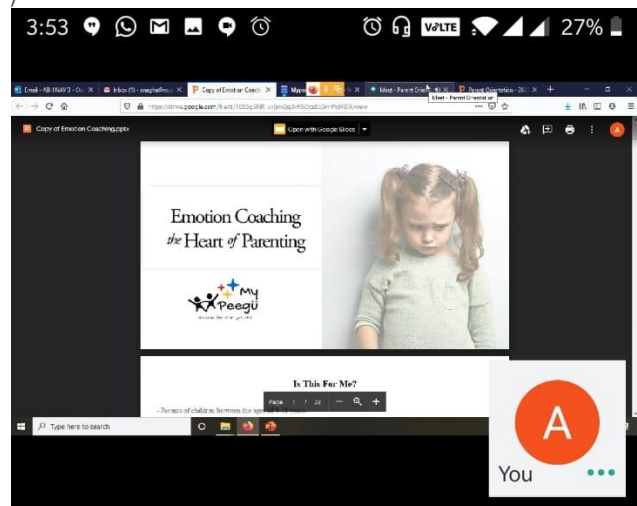
lalithya k 1 min
Thank u for wonderful session mam

Ashwini Raghu 1 min
It was a good session.. Thank you

Rashmi Raghav Now
Thank you mam

syedali nawaz Now
Thank u mam it was a good 👍 session

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(17)

Chaitra b 3 mins
Thank u.. It was a wonderful session.

sripriya E.B 3 mins
It was a good session... Thank you ma'am

Chiranthana.R prashanth 3 mins
Nothank you

Soumya Ramesh 2 mins
Thank u. No

Naveen N 2 mins
Sure thanks very much

Send a message to everyone here

