



We at **Mind Craft Academy** help raise women so as to encourage, inspire and affirm her strengths, so that she is an upfront contributing member in our society. Educating women at various levels; as a homemaker, as a mother, as a wife, as a daughter, as an entrepreneur empowers them, promotes - confidence, employable skills, communication skills, finance and independence so that they can exercise their best choices. We empower them so as to handle and resolve the conflicts and bring out the multiple perspectives in them.

### Our modulewise workshops include:

- ▶ Explore your potential
- ▶ Reinvent yourself
- ▶ Behaviour management (mothers)
- ▶ Communication skills
- ▶ Handling Rejection
- ▶ Rebuilding trust
- ▶ Time management
- ▶ Work life balance
- ▶ A healthy mind platter
- ▶ Spirituality
- ▶ Ageing gracefully



**MIND CRAFT ACADEMY**

15/768, Nelson Mandela Street, Koonamthai Temple Rd,  
Koonamthai, Edappally, Ernakulam, Kerala 682024  
98953 63685, [mindcraftacademyekm@gmail.com](mailto:mindcraftacademyekm@gmail.com)