

WHO CAN BENEFIT

- Students facing exam-related stress and anxiety.
- Individuals looking to improve their study habits and time management skills.
- Parents and educators interested in supporting students during exam periods.
- Anyone seeking to enhance their overall exam performance and confidence.

ABOUT US

CREATORS is a leading name in the field of training and coaching dedicated to enhancing the potential of individuals and fostering a culture of empowerment. With a focus on professional and personal growth, we offer tailored solutions designed to bring out the best in every individual and team.

MASTER COACHES



ISHAN SURANI

An MBA holder in Ele. Er., is a master in management and E-commerce Business Strategy, enriching our training with a blend of technical and business acumen.



VIVEK SURANI

He is armed with a SHRM Degree and a Leadership Skill certification from IIM-Ahmedabad, boasts 25 years of experience as a charismatic speaker, adeptly training countless individuals.



Institute of Self Management

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Unlock Your Potential
Excel with Ease

EASE @ EXAMS



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Experience
Stress And Anxiety From Exams?

Seeking
Improved Exam Performance?

Our
"Ease At Exams"
Course is designed to equip you
With the Tools and Strategies
To Excel in Exams with
Confidence and Ease.



COURSE HIGHLIGHTS

Mindful Exam Preparation:

- Effective study techniques for retention
- Personalized study plan development
- Mindfulness practices for stress reduction and focus



Stress Management:

- Understanding stress psychology
- Implementing stress reduction techniques
- Cultivating resilience for exam pressure

Time Management Mastery:

- Acquiring time management skills
- Task prioritization for balanced study routines
- Efficient exam-time allocation

Strategic Test-Taking Strategies:

- Proven approaches for different exam types
- Critical thinking development
- Effective decoding of exam questions



Effective Revision Techniques:

- Innovative and efficient revision methods
- Utilizing technology for engaging sessions
- Creation of comprehensive study aids

COURSE HIGHLIGHTS

Mind-Body Wellness:

- Integration of physical activity and nutrition
- Relaxation techniques for optimal condition
- Promoting a healthy lifestyle for overall well-being

Customized Coaching:

- Personalized feedback from experienced educators
- One-on-one sessions for specific challenges
- Group discussions for shared learning

**Enroll Today
And Discover The Path
To Mastering Exams With Ease!**

