



SPARK OF LIGHTS
To brighten your life

Presents

Empowering Women Programme





“This course is especially designed to empower and honour women from diverse backgrounds and for those women who want to transform their lives and are committed to manifest a healthy, happy and flourishing life.”

COURSE DESCRIPTION

This course will cover the following aspects:

- Personality Development Training & Counselling.
- Developing Communication Skills
- Leadership Skills
- Soft-Skills Development
- Importance of mental health and well-being for women.
- Mental health assessments & disorders associated with women.
- Creative coping strategies and self-care in day-to-day life.
- Building Healthy Relationships and Developing Resilience.
- Mind-body Relationship.
- Smart Grooming & Personal Hygiene tips.
- Body Image positivity and Confidence building.
- How to be safe online?
- Becoming powerful women with growth mindset.



COURSE MODEL

10. Become Empowering Women with Growth Mindset

1. Understanding Mental Health & Mind-body Connection

2. Learning Coping Strategies & Self-compassion

9. Body Positivity and Confidence building



3. Building Nurturing & Healthy Relationships

8. Online Safety and Self-defence

4. Overcoming Challenges & Building Resilience

7. Personality Development & Personal Counselling

6. Personal Hygiene & Grooming Tips

5. Learning Soft-skills & Communication skills



HERE'S WHAT YOU'LL GET



Become a Lifetime Member of our Women Wellness Support Group



24/7 Support and advice from Trained Wellness Experts and Psychologists.



Career Support and counselling



Study Material: eBooks, PPTs, videos and other Well-being Resources



Certificate & Letter of Recommendation



KNOW YOUR FACILITATORS



Sangeeta Vashishta

Founder & Director of
Spark of Lights
Accredited Resilience Coach



Prerna Tiwari

Counselling Psychologist &
Psychotherapist, Personality
Development/Soft skills & Communication
Trainer



She
believed
she
could,
so she
did.

WHY CHOOSE US ?

- Best National and International faculty.
- Experiential learning.
- Emphasis on overall wellness and growth.
- Mental health support.
- Innovative teaching methods.
- Staff training facility.
- Our Director is an alumna of Melbourne University, University of Oxford and University of Pennsylvania.

A NOTE FROM OUR FOUNDERS



*Sangeeta
Vashishta*

Through Spark of Lights, our goal is to bring the Well-being Revolution in the country. We want to make skill development and Mental Health an integral part of the education system. We aim to help young adults achieve overall wellness and success in their lives.



*Aditya
Vashishta*



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Contact us for further details:

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