

# Empowering Educators through Life Skills: An Interactive Training Session

Pune, Maharashtra | 27<sup>th</sup> September 2025



In a continuous effort to enhance personal and professional growth among educators, an in-house CPD (Continuous Professional Development) session on Life Skills – Advanced was conducted for the faculty of Nursery to Grade V on 27<sup>th</sup> September, 2025. The session was facilitated by Ms. Sayalee Deshmukh and Ms. Swaleha Mujawar, who guided the participants through an engaging and reflective journey of self-discovery and interpersonal understanding.

Centred around the theme “The Only Constant in the World is Change”, the session focused on equipping teachers with essential life skills to effectively navigate challenges in both personal and professional spheres. Participants explored key skill domains such as self-awareness, communication, and empathy, each designed to strengthen confidence, adaptability, and emotional intelligence.



The resource persons created an interactive and thought-provoking atmosphere through a series of worksheets and activities. Teachers were encouraged to reflect on their goals in life, personal strengths and weaknesses, and qualities that define their ideal selves. In another segment, they rated their own communication effectiveness and discussed real-life scenarios that tested their empathetic understanding. These exercises aimed to deepen awareness, foster open communication, and enhance sensitivity towards others' perspectives.

The session emphasised that life skills are not just traits to possess but tools to evolve with — enabling individuals to prosper, overcome barriers, and maintain a balance between knowledge, attitude, and action. As Ms. Deshmukh and Ms. Mujawar reiterated, “Life skills are the beginning of wisdom — guiding us not only on what to do, but how to do it.”



Concluding on a reflective note, the workshop inspired participants to embrace change as an opportunity for growth, while promoting empathy and effective communication as cornerstones of both teaching and life.