



SALAHKOSH

Unlocking Career Wellness: A Workshop for Students

Welcome to a workshop designed to empower students in grades 8 through 12 to achieve career and mental wellness.



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Introduction

About Salahkosh

Salah Kosh is a platform that offers a holistic approach to build mental strength and resilience by integrating psychological, physiological, and social aspects of an individual's well-being and providing informed choices with career assessment tools, life skills & personality development. We empower both students and teachers with tools to be happier, healthier, and more engaged, with less stress.



Dr. Rahul Yadav

Experienced Therapists



Gautam Yadav

Exam strategist / mental health coach



DEEPAK SINGH

Career Assessment Head / mental wellness coach



Early Intervention: Shaping Your Future



Career Clarity

Gain clarity about your interests, values, and skills. Discover tools to help you identify potential career paths.



Informed Choices

Learn how to navigate the crucial decisions regarding your chosen stream in grade 1 and plan for your future.



Navigating Your Career Path

**Early Exposure
(Grade 8)**

**Informed Choices
(Grade 11)**

**Strategic Approaches
(Post Grade 11)**

**Maximizing
Output**



Unlocking Your Potential



Action Plan

Create a practical plan to achieve your goals.



Career Goals

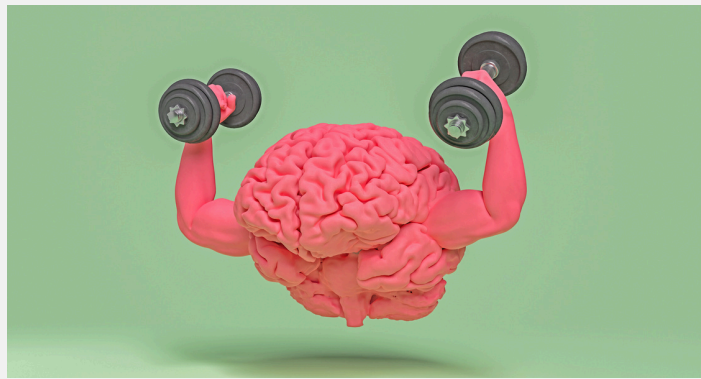
Define your aspirations and set SMART goals for your career.



Self-Evaluation

Understand your strengths, weaknesses, and learning style.

Mental Wellness: A Foundation for Success



Mental Strength

Develop coping mechanisms for stress, build resilience, and promote a positive mindset.



Mental Health Awareness

Learn to recognize common mental health challenges and access support resources



Emotional Intelligence

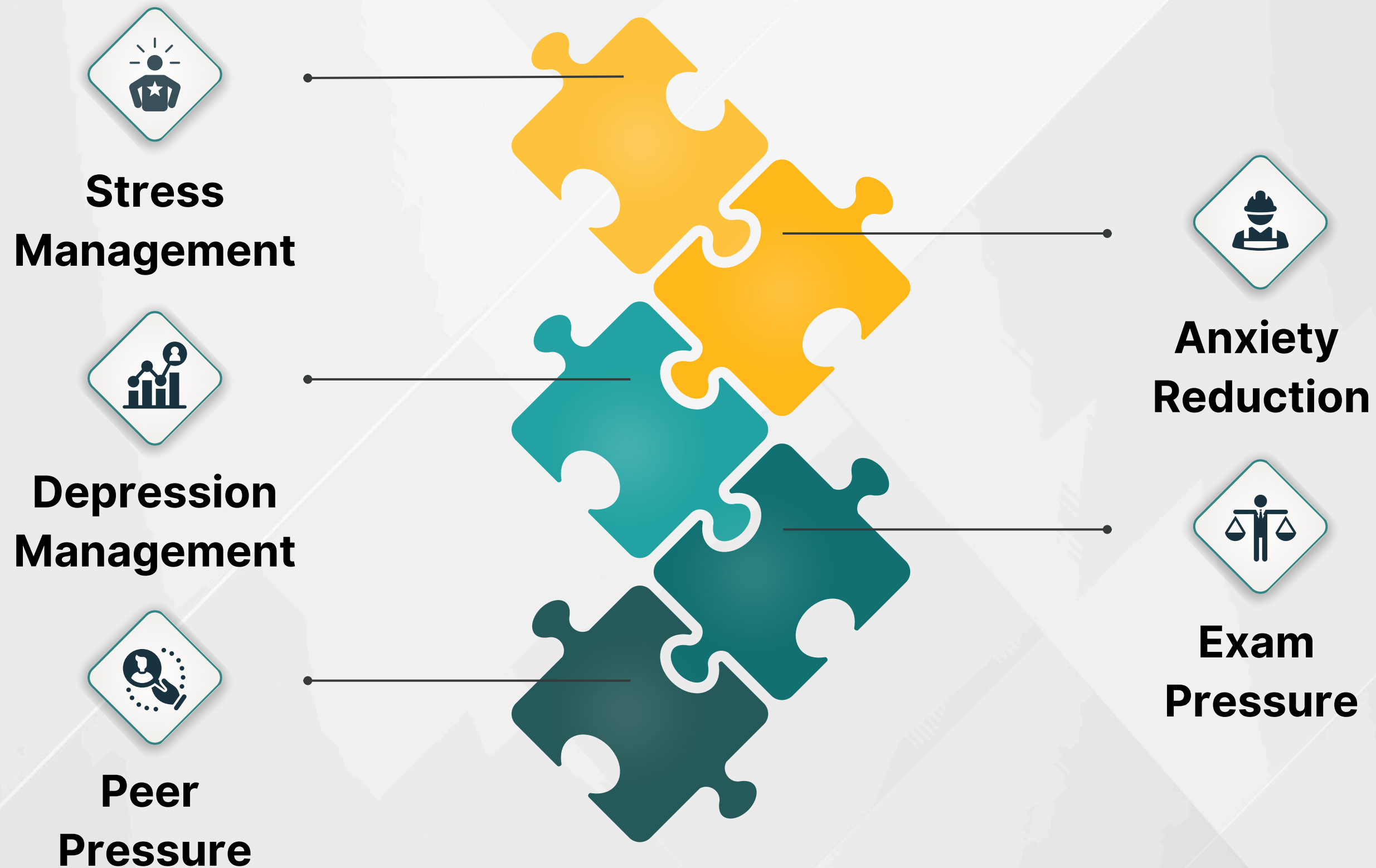
Enhance communication, build empathy, and cultivate healthy relationships.



Energy Management

To optimise efficiency of student's life and improve his mental, physical, emotional & spritual aspect

Addressing Challenges



Why school need this program?

Promoting Acceptance

Fostering a culture of acceptance, where every individual feels valued and respected is crucial

Wellness programs addressing mental health help everyone in the school ecosystem and promote mental wellness for all

Mental Wellness For All

Building Empathy

Empathy, understanding and compassion enables students to mature into good citizens and great professionals

Recognizing & accommodating varied learning styles and needs supports the growth of all students

Individualized Learning

Preparing for the Real World

The ability to handle stress and life challenges is a much needed skill throughout life & must be taught early in life

With career assessment and various other tools student TAKES INFORMED CAREER AND LIFE DECISIONS WITH CLARITY

SMART & CONFIDENT STUDENTS



SALAH KOSH KEY NEP FOCUS

1

There will also be professional academic and career counselling available to all students, as well as counsellors to ensure physical, psychological and emotional well-being.

2

In every education institution, there shall be counselling systems for handling stress and emotional adjustments.

3

This includes career counselling in schools towards identifying student interests and talents.

HAVE TRANSFORMED THOUSANDS OF INDIVIDUALS WITH OUR WORKSHOP AND SERVICES



**Goldman
Sachs**



***Brainstorming
Session***

Empowering Your Journey

This workshop will equip students with the tools and knowledge to navigate their career journey with confidence and achieve a fulfilling life.



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THANK YOU

UNLOCKING CAREER WELLNESS.
LET'S TALK.