

IT'S ALL IN THE MIND

Thinking Skills workshop conducted in the city by Bengaluru-based Sreeja Iyer

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Having previously worked with corporate executives and children in Bengaluru for enhancing their creative thinking and communication skills, Sreeja Iyer was in Amritsar on Saturday to work with the city's young during a two-day workshop called Thinking Skills. Its been organised by One Up library-cum-bookstore.

CEO and co-founder of Sparkling Mindz in Bengaluru, Sreeja is helping children develop and enhance creative and critical thinking, decision-making abilities, values and communication and interpersonal skills. However, the most interesting part of the work-



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shop is the methodology adopted by her. "The agenda of the workshop is to teach children what is creativity and later help them apply this creativity in their daily lives for problem solving," she says. Sreeja further adds that students can learn basic tools to enhance their creativity through these modules.

In the workshop, Sreeja works with three batches of 15 students each, aged

between 5 and 16 years. The common tools used by her include idea generation, thinking process and visualisation of problems and solutions. "To the younger lot, we just teach finding joy in work and doing daily work in an interesting manner. For those between 8 and 13 years, the skills help in improving spellings and their studies. For the eldest, I am able to explain things in a better manner. We also teach con-

cepts such as perspective-building and leadership," she tells us.

The participants at the workshop certainly had a gala time as they were seen enthusiastically coming up with unique ideas and etching out scripts for role-playing. After conducting the workshop with kids, Sreeja also plans to hold a session with teachers and parents to ensure that the right ambience for kids is created.