

Breaking Barriers - Personality Development Sessions by 'I AM'

Team 'I Am' had successfully conducted 'Rubaroo' sessions for Sadhbhavna students. With 'Rubaroo' sessions coming to an end, the team observed a sense of empowerment in the young boys and girls. So, it was the time to go beyond the self-awareness sessions and apply the learnings to the real-world situations. To facilitate this, we embarked on a new journey in July 2018 - Breaking Barriers.

The objective of the Breaking Barriers course is to identify the internal and external barriers that obstruct the growth of the students. And, empower them with the skills required to overcome these barriers.

The first session focused on rebuilding the bond we shared as a group and on setting the pace for this new course. For this, we organized group and individual activities. Each student was asked to introspect and share their core strengths and learnings they would wish to take-away from the module. All the responses were duly noted to showcase the diversity and strengths that the students bring to the group. The listed take-away helped us set some common goals for this module. With this activity not only we understood the common needs of the students but were also able to reflect on how we can learn from each other. It also helped in identifying the capabilities each of us possesses individually and as a group.

We concluded the session with an introduction to 'Locus of control' as this topic will be covered in the next session.

Akanksha Singh Chandale
(I AM Facilitator)

