

Embrace Imperfections

YOUR MENTAL HEALTH MATTERS.



Mental wellbeing for students, parents & teachers



In-Person & Virtual Workshop Sessions



Objective

To ensure the psychosocial well-being of children through an active collaboration between schools and mental health professionals.

WE CONVEY OUR MESSAGE FOR MENTAL HEALTH IN A SIMPLE YET POWERFUL WAY

Embrace Imperfections is a psychologists driven mental health organisation that aims to build courage, resilience, strength and healthier mental wellbeing through creative activities & stories.

Modality

Interactive workshops for teachers, parents and students through online and offline mode. These workshops are especially designed considering the age group and needs of the group. Pre and post activity sheets are provided for facilitation of expression and change.



Embrace Imperfections

We are the experts!

SCHEDULE A WORKSHOP TODAY!

We offer the following services:

Students

- Self-care
- Mental well-being
- Coping mechanisms
- Dealing with Bullying
- Boosting attention & focus
- Embrace your mind & body
- Dealing with anxiety & stress
- Dealing with COVID uncertainty
- Aggression management
- Conflict management
- Mindfulness
- Emotional regulation
- Assertiveness
- Affirmations / Reframing thoughts
- Self-worth & Esteem
- How to not loose your playful inner child

Teachers

- Self-care
- Identifying stressors
- Online Teaching techniques
- Mental Health Awareness
- Embrace your mind & body
- Dealing with COVID uncertainty

Parents

- Self-care
- Identifying stressors
- Mental Health Awareness
- Embrace your mind & body
- Dealing with COVID uncertainty
- Consent Training

- Engagment Exercises of Practical Life, Mathematical, Language, Sensorial and Culture activites, Art, Music in Montessori method.
- Plan Proper nutritional diet for your child

Embrace Imperfections

Facilitator



Divya Mohindroo

Founder-embrace Imperfections

- Counselling Psychologist & Special in Montessori Method
- Member of American Psychological Association
- Premium Member of International Association Of Counselling (IAC)
- Premium Member Of APPPAH (Association For Prenatal & Perinatal Psychology & Health)

Divya Mohindroo a renowned counselling psychologist and founder Embrace Imperfections.

Divya Completed her education from Carmel Convent School.

Masters in Counselling Psychology and Allied Sciences. And further she is specialist in Early Education.

A renowned psychologist counsellor and founder of Embrace Imperfections. I ensure psychosocial well being of people and work towards removing social stigma associated with mental health. I believe in the holistic development of individuals and the premise that mental health plays a pivotal role in shaping one's life. I view my work with clients as being very collaborative. I believe you bring a lot to the table already, and I want to walk with you through this process.

I see it as my role to listen, understand, support and meet you where you are. Through this, I aim to create a safe and trusting relationship where you can begin to reveal and heal your true self.

Background and qualifications

I refer to myself as a writer, counselling psychologist, mental health advocate, and motivational speaker.

My journey started with a B.A. Psychology Honours at Jesus and Mary College of Delhi University.

It not only challenged me but it also inspired me to learn more about the mind which led to pursuing an M.A. Counselling Psychology at the Amity Institute of Psychology and Allied Sciences.

Along the way to becoming a counsellor, I also completed specialized in early education at the Montessori Method Ardee School of New Delhi. Apart from this, I contributed articles in Dainik Bhaskar, Madhurima Magazine, Deccan Chronicle, India.com (Zee News), Free Press Journal.

I have also done Radio Shows for Mental Health week with Radio One 94.3.

Lastly, in between sessions with clients and writing, I run an Instagram channel where I share daily self-help tips and tools.

Get in touch with us!

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Visit our official Instagram page at

[embrace_imperfections](https://www.instagram.com/embrace_imperfections)

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Embrace Imperfections

Facilitator



Divya Mohindroo

*Founder- Embrace Imperfections
Counselling Psychologist & Specialist
in Montessori Method. Member of
American Psychological Association*

Divya is M.A. in Counselling Psychology from Amity Institute of Psychology and Allied Sciences. She has completed B.A. in Psychology Honours from Jesus and Mary College, University of Delhi. Divya specializes in early education in Montessori Method. She has over 6 years of experience and specializes in Community and Educational Psychology. Her key work has been in therapeutic intervention and promotion of advocacy against social stigma, empowering individuals & encouraging better education on mental health issues. Divya has worked with various organizations to raise awareness & conducted various webinars & workshops.

Get in touch with us!

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