

GLS / C /626-23

CIRCULAR
Parent Workshop- Preparing for Adolescence

21st February 2023

Dear Parent,

We are happy to inform you that Ms. Haritha Kunhukuttan, a member of our school alumnae will be conducting a workshop, '**Preparing for Adolescence**' on **24th February 2023**, from **9 a.m. to 10 a.m.** at the **GLS Secondary Campus**. Haritha has provided guidance to many through a series of re-parenting techniques such as inner-child healing, trauma recovery, and awareness coaching. She also supports the younger generations to realize their goals in a simple, healthy, and self-empowering manner.

A student of Arts and Psychology, Haritha bridges the gap between mental health and creativity, allowing one to experience holistic growth. She has conducted various workshops and coaching sessions to educate others on reprogramming mindsets, finding purpose, embodying authenticity, and living an uncompromising, yet fulfilling lifestyle.

We look forward to your attendance and wholehearted support to make this event a successful one.

Warm regards,



Asha Alexander

Principal

Executive Leader - Climate Change

آشا ألكسندر

مديرة المدرسة

الرئيس التنفيذي - تغير المناخ