

SCHOOL & INSTITUTIONAL PROGRAMS

Training for Schools

Build confident, responsible, and well-rounded students — with specialised programs that develop life skills, character, and communication alongside academic excellence.

"Shaping Young Minds for a Brighter Future."

School is not only a place to learn subjects like Mathematics, Science, or English. It is also where children develop confidence, values, communication skills, discipline, and habits that shape their entire future. Academic knowledge is important — but students who also develop strong life skills, emotional intelligence, and character are the ones who truly thrive in college, careers, and life.

The **GroomX Training for Schools Program** is a comprehensive, customisable set of training programs designed specifically for schools and educational institutions. We work directly with schools to bring expert-led sessions to students of all age groups — helping them develop the essential skills that classrooms alone cannot always provide.

Our trainers are experienced in working with children and teenagers and understand how to make learning engaging, fun, age-appropriate, and genuinely impactful. Every program is interactive, activity-based, and tailored to the specific needs and age group of the students. We do not deliver lectures — we create experiences that stay with students long after the session ends.

Whether your school wants a one-day workshop, a series of sessions across a term, or an integrated soft skills program spread across the academic year, GroomX will design and deliver a program that fits your school's needs, values, and student profile perfectly.

Why Choose GroomX for Your School

Holistic student development

Our programs develop the complete student — not just academically, but emotionally, socially, and in terms of real-world readiness.

Expert trainers experienced with students

All our trainers have experience working with children and teenagers. They know how to engage young learners effectively and make every session memorable.

Fully customised programs

No two schools are the same. Every program we design is tailored to your school's specific objectives, student age groups, and available time.

Interactive, activity-based learning

All sessions use games, role-play, group activities, and discussions — so students are actively engaged, not passively sitting through lectures.

Measurable impact on student behaviour

Teachers and parents consistently notice positive changes in students after our programs — in confidence, communication, behaviour, and self-awareness.

Flexible scheduling and formats

We work around your school calendar and timetable. Programs can be delivered as workshops, weekly sessions, or term-long integrated programs.

Programs We Offer for Schools

1

Communication and public speaking skills

Students learn to express themselves clearly and confidently — in front of the class, in group discussions, in debates, and in everyday conversations. This program builds the speaking and listening skills that are essential for academic success and future career growth.

2

Confidence building and self-esteem

Many students struggle with self-doubt, shyness, and a fear of being judged. This program helps students understand their own strengths, overcome hesitation, and develop a genuine, lasting sense of self-confidence that shows in how they speak, carry themselves, and participate in school life.

3

Social etiquette and manners

Students learn the social skills and good manners that help them make positive impressions everywhere — how to greet, introduce themselves, behave in public, show respect to teachers and elders, and carry themselves with dignity and grace in any social situation.

4

Emotional intelligence and self-awareness

Students learn to understand their own emotions, recognise how they affect others, and develop greater empathy, self-regulation, and emotional resilience. These skills directly improve classroom behaviour, peer relationships, and the ability to handle academic pressure and personal challenges.

5

Anger management for students

Helping students understand and manage anger constructively — recognising triggers, learning calming techniques, and developing healthy ways to express frustration — so they respond thoughtfully rather than react impulsively in difficult situations at school and at home.

6 Time management and study skills

Students learn practical skills for managing their academic workload — how to plan and prioritise, how to study effectively rather than just spending long hours at the desk, how to break tasks into manageable steps, and how to balance school, activities, and personal time without feeling overwhelmed.

7 Leadership and teamwork skills

Through group activities, team challenges, and leadership exercises, students develop the ability to lead, collaborate, listen, resolve disagreements, and contribute positively to a team. These are foundational skills for success in higher education, careers, and community life.

8 Handling bullying — awareness and prevention

A comprehensive program that educates students on recognising, responding to, and preventing bullying — in person and online. Students learn to stand up for themselves and others safely, understand the impact of bullying, and contribute to a school culture of inclusion, respect, and kindness.

9 Personal grooming and hygiene

Helping students understand the importance of personal presentation, cleanliness, and hygiene — and how these habits affect self-confidence, how others perceive them, and their overall well-being. Delivered sensitively and age-appropriately for different student groups.

10 Body language and non-verbal communication

Students discover how posture, eye contact, gestures, and facial expressions affect how they are perceived by others — and how to use their body language to project confidence, friendliness, and respect in every interaction.

11 Values, integrity, and responsibility

An engaging program that helps students develop and internalise strong personal values — honesty, integrity, responsibility, kindness, and respect. Through stories, discussions, and real-life scenarios, students reflect on who they want to be and the choices they make every day.

12 Career awareness and goal setting for senior students

For senior school students, this program introduces the concept of personal goal setting, career awareness, and the skills needed to transition from school to higher education and the professional world. Students leave with greater clarity about their strengths, interests, and the steps needed to achieve their ambitions.

13 Teacher development and classroom management

GroomX also offers professional development training for teachers and school staff — covering effective communication, classroom management, emotional intelligence, and the skills needed to support and inspire students more effectively. A school where teachers grow is a school where students thrive.

14 Custom programs — built around your school's specific needs

Every school is unique. If your school has a specific challenge, objective, or area of student development you want to address, GroomX will design a fully customised program around it. Contact us to discuss your school's needs and we will create the ideal training solution together.

What Students Gain From Our Programs

- ✓ Speak and present with genuine confidence
- ✓ Build stronger friendships and peer relationships
- ✓ Manage emotions and stress constructively
- ✓ Develop good manners and social etiquette
- ✓ Lead and collaborate effectively in teams
- ✓ Take responsibility for their actions and choices
- ✓ Plan their time and manage their studies better
- ✓ Carry themselves with confidence and dignity

Who Is This Program For?



Schools and principals

Any school that wants to provide its students with a richer, more holistic education that goes beyond academics.



Teachers and coordinators

Educators who want to bring expert external training into their school to support student development in key life skill areas.



Parents and PTAs

Parents who advocate for life skills development and want their children's school to provide more than just academic training.

Frequently Asked Questions

- Can the programs be customised for different age groups?**

Yes — this is one of the most important aspects of what we do. Every program is carefully tailored to the age group of the students. The content, language, activities, and examples are all adjusted to be perfectly age-appropriate — whether we are working with primary school children, middle school students, or senior school teenagers.
- How long are the training sessions?**

Session length is flexible and designed to fit within your school's timetable. Programs can be delivered as single 60-90 minute sessions, half-day workshops, full-day workshops, or multi-session programs spread across a term. We will work around your school calendar.
- Do you also train teachers and school staff?**

Yes. We offer teacher development programs covering effective communication, emotional intelligence, and classroom management skills. A school where teachers are developing is a school that continuously improves for its students.
- How do we get started?**

Simply contact us at 9036111000 or visit our office. We will have an initial conversation about your school's needs, student profile, and objectives — and then design a proposal with recommended programs, timings, and investment options tailored specifically to your school.

What Schools and Parents Say

★★★★★

"We brought GroomX in for a communication and confidence program for our Grade 9 and 10 students. The difference in how students present themselves, speak in class, and interact with each other after just four sessions was remarkable. We have already booked them for next year."

Mrs. Lakshmi R.

Vice Principal, Bangalore School

★★★★★

"My daughter came home after the etiquette and confidence session and immediately started greeting our guests properly and sitting well at dinner. She told me she learned so much and wants to do more sessions. The trainers clearly know how to connect with young students."

Priya M.

Parent, Bangalore

Give your students the skills to succeed in life

Partner with GroomX to bring expert life skills training to your school — and help your students become confident, capable, and well-rounded individuals.

Call us: 9036111000 | Visit our office in Bangalore anytime