

IPAC

# NEWS LETTER

17.11. 2020



**Institute of Psychometric Assessment & Counselling**

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# Trust is the Soul of the Relationship

Trust is the faith that you have in someone. **Trust is either 100% or NIL.** To trust someone means that you can rely on them and are comfortable confiding in them because you feel safe with them. It is the building block for any relationship whether it is the relationship of parent- child, husband-wife, girlfriend- boyfriend, friends, mentor- client, business partners, boss- employees and so on. Without trust the foundation of the relationship will always remain shaky. Thus to succeed in life, maintaining and keeping trust is very important. Without trust being involved you can only go in a short run.

## Ask Dr. KomalPreet Kaur

**Q.1. My 13 yr old teen is disrespectful towards me and her mother. How to deal with her?**

**Ans.** She might be going through an emotional roller coaster ride and there can be various reasons for her disrespectful behavior:

- 1. She needs your attention.** She might be having the feeling of not being heard and valued. Sit with her and make her feel that she is a very important part of your life. Listen to what is she saying but remember do not comment and give any advice to her. Also, try to spend quality time with her like have fun, go on long drive, etc.
- 2. She wants to gain power.** She might be feeling powerless because she is surrounded by rules and regulations. Give her appropriate ways to feel powerful and value her opinions like you can take help from her in choosing a destination for vacation, give her the power to take decisions about her life. Encourage her to do this by evaluating the pros and cons of all the options available and then give her the responsibility to take a decision.
- 3. She is experiencing biological and physical changes in her body:** She might be feeling uncomfortable with the biological and physical changes happening in her body. As a parent you can talk to her about these changes.

**Q.2. Am in 9th Grade. What career should I pursue?**

**Ans.** It is rightly said that choosing a right career is as critical as choosing a right life partner. Therefore for choosing a right career it is very important for you to know yourself by understanding your personality, aptitude, intelligence and above all your interest. Explore your life without comparing it with anybody at all.



### Q 3. How can I stop Procrastinating?

**Ans.** Procrastinations means postpone. Now, which task you procrastinate? You tend to postpone the task which is boring, difficult, meaningless, ambiguous, etc. So you start giving excuses like it is too difficult, I am not in the mood to do it now, it is not so important, etc. Therefore to overcome the problem of procrastination, firstly figure out your goal and when, how and why you procrastinate. Then follow these anti-procrastination tips:

- Clearly specify your goal and break large tasks into small actions.
- Write why achieving this goal is important for you.
- Create a plan of action
- Set deadline
- Prioritize your task
- Identify your peak productivity time and schedule your task accordingly.
- Figure out distractions and eliminate them.
- Focus on small achievements and reward yourself.
- Visualize your ideal self.

### Tip Of The Week

**Only right and relevant  
mind designing can  
save you from rusting**



**None can destroy iron, but it's  
own rust can. Likewise none  
can destroy a person, but his  
own mindset can.**

# Laughter is the Best Medicine



मास्टर जी - शांति किसके घर में रहती है...?  
पप्पू - जिस घर में पति और पत्नी दोनों मोबाइल चलाते हैं...!!!

यमराज (औरत से) - चलो, मैं तुम्हें लेने आया हूं।  
औरत - बस दो मिनट दे दो।  
यमराज - दो मिनट में ऐसा क्या कर लोगी...?  
औरत - फेसबुक पर स्टेटस डालना है, 'Traveling to yamlok'!  
यह सुनकर यमराज ही हो गए बेहोश...!!!

## Our Upcoming Events

Institute of Psychometric Assessment and Counselling  
**IPAC**  
PRESENTS  
**4-WEEK**  
**INTERNSHIP**  
ON  
**BASIC**  
**COUNSELLING SKILLS**  
VIRTUAL TRAINING  
BY DR. KOMALPREET KAUR

Starting from: +91-9911903358,  
1 Dec, 2020 8860555898

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Institute of Psychometric Assessment and Counselling

**रिश्ता चाहे कोई भी हो**  
Easy-to-understand and practical-to-implement  
Strategic Planning to manage every conflict

**बात कैसे करें कि बात बन जाए**  
**How to get what you want?**  
By Dr Rakesh Chopra, Mentoring Ambitious Leaders

To develop your practical skill to effortlessly negotiate with the people you are dealing with, this 2 hours research based webinar on Saturday 5th December 2020 (11 am to 1 pm) will give you a new direction in life

Register here : <https://myminddesigner.com/events/how-to-get-what/>  
Or for more information contact +91 99119 03358, +91 88605 55898

# Our Upcoming Events

Institute Of Psychometric Assessment And Counselling

IPAC  
Presents  
4- Weeks Internship

**Program your  
Subconscious Mind  
for Success**

Starting From: Dec 10, 2020

Resource Person:  
Dr Komalpreet Kaur, Mind Designer  
Register Now: ☎ 91-9911903358, 8860555898  
[www.myminddesigner.com](http://www.myminddesigner.com)

IPAC  
presents  
4 week Internship

**Grapho-therapy**

Personality Development through  
Handwriting Analysis

**Starting from:  
Dec 14, 2020**

**Resource Person :**  
**Ms Waasuli Kalsi, Compatibility Mentor**

Register today: ☎ 91-9911903358, 8860555898  
[www.myminddesigner.com](http://www.myminddesigner.com)

We'd love to hear from You!

If you have any question or want to attend any of our webinar, then email us at [ipacinfo1@gmail.com](mailto:ipacinfo1@gmail.com) or contact us +91-9911903358,+91-8860555898

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