



THE SELF ACADEMY

Cultivating Emotional Strength



YOUR PROBLEMS
DESERVE
NEW SOLUTIONS

www.theselfacademy.in

Introducing The Self Academy

The Self Academy founded in 2025 was born from one simple realisation: "If we don't learn to know ourselves we become our own biggest obstacles".

TSA is your space to understand emotions, transform your mind set, and rebuild healthy relationship patterns for modern life.

As technology becomes smarter, human connection becomes real advantage.

**EMPATHY. EMOTIONAL INTELLIGENCE.
ASSERTIVE COMMUNICATION.**

These are the skills that future cannot automate and they are more valuable now than ever.



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We Hear You.

No one teaches you...

- 01 Why you react the way you do
- 02 How to manage anger , fear, anxiety and uncertainty
- 03 How to communicate assertively
- 04 How to listen and respond empathetically
- 05 How to build strong relationships
- 06 How to grow grit to accomplish success.
- 07 How to deal with rejection, comparison and pressure

That's exactly what our Relationship Management and Emotional Intelligence Course is designed for.

We are in a world that is faster, more digital, more demanding, and emotionally more complex than any other time in history.

In an AI-driven era, thriving is not just about technical skills — it requires updated emotional processing, inner stability, and the right emotional intelligence tools.

To stay grounded, clear, and resilient, we must learn how to process emotions with depth, handle pressures with maturity, and respond with wisdom rather than reactivity.

Certificate Course In Relationship Management & Emotional Intelligence

Course Objectives

By the end of this course, learners will be able to:



Communicate assertively with clarity and confidence



Reduce anxiety, overthinking, and emotional overload



Build leadership skills, focus, and accountability



Develop healthy trust in relationships



Transform emotional patterns and shift from reacting to responding

Course Details

Duration:	50 hours
Batch Timing:	10:30 AM – 12:30 PM (Saturday & Sunday)
Course Dates:	20 Dec 2025 – 15 Mar 2026
Course Fee:	₹18,000 + GST
Who is this course for? : Anyone who wants to understand their personality, along with the emotional underpinnings behind the decisions they make . Also, for those who want to use that knowledge to better manage stress, build better habits, make better decisions, and have better relationships.	
Mode:	Zoom / Hybrid

About the Program

This is a comprehensive, practice-based Emotional Intelligence Program (ISO 9001:2015 Certified) designed to help individuals:



Other Programs & Services

Monthly thematic workshops (2 hours): ₹500

Counselling session (60 minutes): ₹1000

Coaching Program in Emotional Intelligence




Join the movement

Register for free 1 hr orientation session

Elevate your Emotional Intelligence

Connect with us

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