

## **Inviting application from reputed Psychologist for training 60 IndiaSkills Gold Winners for WorldSkills2024**

### **Introduction:**

Beauty & Wellness Sector Skill Council (B&WSSC) a recognised Awarding Body of National Council for Vocational Education & Training (NCVET), promoted by CII, with financial support from the National Skill Development Corporation (NSDC), under the aegis of Ministry of Skill Development and Entrepreneurship (MSDE).

B&WSSC invites proposal from qualified Psychologist to design and deliver a comprehensive training program aimed at enhancing the well-being and performance of 60 Gold winners of India Skills 2024 competition in various vocational skills who now will be representing India at the WorldSkills 2024 competition at Lyon, France scheduled in the month of September 2024

The WorldSkills competition is a prestigious international event that brings together young skilled professionals from around the globe to compete in various vocational skills. Representing India on this global stage is a significant achievement and an opportunity to showcase our nation's talent and dedication to skill development. However, the intense preparation and high-pressure environment of such a competition can be challenging for participants.

To ensure our participants are fully prepared for the challenges they will face, it is essential to provide them with a comprehensive training program. This program aims to equip them with the necessary tools to manage their mental and physical well-being, thereby enhancing their performance and overall experience. The training will focus on key areas such as mindfulness, time management, stress management, anxiety management, nutrition & diet planning, yoga and healing.

**Scope of Work:** The broader aspects of this training would & should include the following, though this list is not exhaustive & we might collectively agree on adding more modules:

1. Mindfulness
2. Time Management
3. Stress Management
4. Anxiety Management
5. Meditation
6. Confidence building
7. Go-getter spirit
8. Personality Development
9. Anger Management

### **Objectives:**

1. Enhance participants' mental resilience and emotional well-being.
2. Provide practical tools and techniques for managing stress and emotions.

3. Foster a positive and confident mindset among participants.
4. Promote overall mental health and healing.

**Target Audience:**

60 Gold winners of India Skills 2024 competition, both male and female, who will represent India in WorldSkills 2024 between the age group 18 to 22

**Training Delivery:**

**The first phase of training will happen virtually from 5<sup>th</sup> August to 31<sup>st</sup> August, dedicating 2 hours twice/thrice a week in a group & weekly one-on-one session for 30 min, followed by in-person half day-long sessions (group & one-on-one) from 1<sup>st</sup> September to 6<sup>th</sup> September in Delhi.**

The training should be conducted through a series of workshops and individual coaching/consultation sessions.

**Proposal Requirements:**

1. **Company/Individual Profile:**
  - Brief description of the organization or individual applying.
  - Relevant experience and qualifications in psychology and training.
  - Details of similar projects undertaken in the past.
  
2. **Approach and Methodology:**
  - Detailed plan on how the training will be conducted.
  - Methods and techniques to be used for each training area.
  
3. **Team Composition:**
  - Information about the team members who will be involved in the training.
  - Qualifications and experience of each team member.
  
4. **Budget:**
  - Detailed budget for the entire training program.
  - Breakdown of costs for each component of the training.
  - Specialized content to be curated which will later be retained by B&WSSC for its use.

**Eligibility criteria:**

- 1) Minimum 20 years of experience in the respective domain with reputed brands
- 2) Languages known – Hindi and English. Knowledge of any regional language will be preferred.
- 3) Minimum 3 Awards and Recognition in the respective field

**Submission Details:**

- **Deadline for Submission:** 31<sup>st</sup> July, 2024 latest by 5:00 p.m.
- **Submission Method:** Proposals should be submitted via email to [Swarleen.kaur@bwssc.in](mailto:Swarleen.kaur@bwssc.in) and [rahul.malik@bwssc.in](mailto:rahul.malik@bwssc.in) with cc to [ceo@bwssc.in](mailto:ceo@bwssc.in)
- **Contact Information:** For any queries, please reach out at [Swarleen.kaur@bwssc.in](mailto:Swarleen.kaur@bwssc.in)

B&WSSC reserves the right to accept or reject any proposal and to make the final selection based on the best interests of the organization and its participants.