VIVARA

Reclaim your Life. Rewrite your Story.

COACHING FOR SCHOOLS AND COLLEGES

Steady teachers. Confident students.

Coaching for the in-between: board years, a new grade, the move to college, a heavy term. **Not counselling. Not a one-off training.** Coaching that changes what people do, and lasts.

WHY NOW

In NCERT's 2022 survey of 3.79 lakh school students, **81% named studies, exams and results as a major cause of anxiety.** Most are not in crisis. They are coping, but stuck, and so are many of their teachers. That is the gap Vivara was built for: someone who listens, practical tools that work under pressure, and a coach who has lived the in-between herself.



Priyanka Yadav

FOUNDER & TRANSFORMATION COACH

A decade in different corporate roles across four industries.

> *"You saw what I could not see, what my family and friends could not see. I will be forever grateful to you."*
>
> Coaching client

WHY SCHOOLS CHOOSE VIVARA

01 Prevention, not repair

Counsellors step in after a problem shows up. Vivara works before and through the pressure, so fewer students reach crisis.

02 Coaching, not advice

No lectures, no advice, no toxic positivity. Questions help each person find their own answer, so they grow independent.

03 Body first, then mind

Reacting is the body and mind out of step. We train both, so students and teachers respond instead of react.

04 Every session ends in action

A takeaway, a reflection and one small real-world task, with progress tracked, because "try harder" is never a root cause.

Alongside your counsellor, never instead of them. Page 2 shows how coaching, counselling and training compare.

SUCCESS STORIES

20 min → 2 hrs
Class 12 student: focused study at a stretch

On stage
Class 11 student: from holding back to anchoring the assembly

1–2 → 5–6
MBA student: class-participation marks, out of 10

4.8 / 5
Average client rating

The full stories, with what we did, are on page 3. Names are kept private.

Book a free 40-minute session →

Scan to message on WhatsApp, or reach Priyanka directly:

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Coach, counsellor or trainer?

All three help, in different ways, and they work best together. Here is where coaching fits.

	Counsellor	Trainer	Coach · Vivara
WHEN	After a problem shows up	On a training day	**Before and through the pressure**
PURPOSE	Ease emotional distress and support mental health	Teach a skill or a topic	**Help each person find their own answers, and act on them**
FOR WHOM	Students and staff who are struggling and need care	Anyone who needs new knowledge	**The many who are coping but stuck: under pressure, in transition, doubting themselves**
HOW	Listening, support and therapeutic methods	Content, presentations and practice of a skill	**Questions, body-and-mind tools, and small real-world tasks**
WHO LEADS	The counsellor guides	The trainer instructs	**The person leads. No advice, no lectures: the coach asks and challenges**
AFTERWARDS	Follow-up for those who need it	Usually ends with the session	**A task after every session, and progress that is tracked**
RESULT	Feeling supported and better	Knowing more	**Acting differently, and independently**

WHERE VIVARA FITS

With your counsellor: CBSE asks for one counselling and wellness teacher per 500 students, and one person cannot reach everyone. A group session reaches a whole class at once, so your counsellor's time goes to the students who need it most.

After a training: a training gives new knowledge. Vivara turns it into habits that hold up on a hard day.

Counsellor for care. Trainer for skills. Coach for change that lasts.

WHAT ONLY VIVARA BRINGS

Root-cause thinking from a decade in different corporate roles across four industries: "try harder" is never a root cause.

Body first, then mind: somatic awareness, Positive Intelligence and trauma-informed practice in one approach.

Proof, not promises: before-and-after tracking, and a short summary for the school.

Lived experience of the in-between, and one-to-one or group sessions in English or Hindi.

Vivara offers coaching, not therapy or counselling. Anyone who needs clinical support is referred to a qualified professional.

Success stories

Three students and one leader: different pressures, and what changed when we worked on the root cause instead of asking them to try harder.

CLASS 12 STUDENT

20 min → 2 hrs

of focused study at a stretch

From resisting the books to a daily plan

BEFORE

Exam pressure and an inner voice of resistance. Sitting down to study lasted 10 to 20 minutes.

WHAT WE DID

We named the voice, built a simple daily plan that counts effort rather than marks, and checked in every day.

WHAT CHANGED

Within a week, her resistance fell from 5 to about 2.5 out of 5, and she was studying in stretches of one and a half to two hours.

CLASS 11 STUDENT

On stage

anchoring the school assembly

From holding back to holding the mic

BEFORE

Hesitation to speak up in groups, in public, and sometimes one to one.

WHAT WE DID

Noticing when the hesitation shows up and what the body does, then small speaking practice with friends.

WHAT CHANGED

About six weeks in, she volunteered to anchor her school assembly and prepared her lines in advance.

FUTURE LEADER · MBA

1–2 → 5–6

class-participation marks, out of 10

From the back bench to speaking up

BEFORE

Months before placements: constant phone distraction, driven by a fear of missing out, and hesitation to speak in class.

WHAT WE DID

We traced the distraction to its root instead of fighting the phone, then set small real-world tasks, like moving from the back bench to the middle.

WHAT CHANGED

In three weeks, his participation marks rose and a classmate noticed. He chose his own next step: practising for placement interviews.

GROWTH-STAGE STARTUP

2 → 4

delegation, out of 5

From a 3-session pilot to four leaders

BEFORE

An operations leader, trusted on the ground but less sure of himself with the office team.

WHAT WE DID

A baseline scorecard, one task a week inside his real job, and a progress report to management after each phase.

WHAT CHANGED

A daily delegate-and-follow-up routine that now runs without coaching. The company extended coaching to three more leaders.

IN THEIR WORDS

"She praised me, questioned me and gave a lot of time to understand what I'm actually feeling. She was honestly a mirror I needed."

Client, after a first session

"The 6 coaching sessions were incredibly helpful. I always felt heard and walked away with practical insights that still serve me every day."

Client, after six sessions

"It's because of you that I am able to stand up for me once again."

Coaching client

"Thank you so much, Ma'am, for giving me clarity and confidence."

Student, after choosing her career path

Clients rate Vivara **4.8 out of 5**, and **7 of the 8** who answered would recommend it.

Names and identifying details are kept private. Numbers are clients' own ratings and records, not independent measurements.

WHAT WE OFFER

Teachers

Stay steady through a heavy term. Respond, not react, in a tough class. Tools to pass on to students.

Students

Exam stress and focus. The confidence to speak up. Board years and the move to college.

Parents

Supporting a child through exams, and what to say after a bad result.

Colleges

Placement nerves, speaking up in class and interviews, and emotional regulation.

Your free 40-minute session

BODY FIRST, THEN MIND: STABILISE · CALIBRATE · REVIVE

5 min	Why good people freeze: what stress does to focus and memory
10 min	**The physiological sigh:** a one-minute reset, practised together
10 min	**Clear the mental desk:** a five-minute worry dump
10 min	**"I made a mistake",** not "I am the mistake": bouncing back after a bad day
5 min	Questions, and a quick before-and-after check

You arrange
A room with a projector, or a video link, and 40 minutes.

You receive
A short summary for the school, and options if you would like more.

AFTER THAT · ONE-TO-ONE OR GROUP · ONLINE OR IN PERSON · ENGLISH OR HINDI

Workshops (group coaching)
Interactive, for a class or a staff group. Teacher workshops can be part of their 50 hours of yearly professional development.

Term programme
Regular sessions through the term, with progress tracked and shared.

One-to-one coaching
12 to 15 sessions over 3 to 4 months, closed early if the answer comes sooner.

QUESTIONS SCHOOLS ASK

Does this replace our counsellor?
No. CBSE requires a counselling and wellness teacher, and anything clinical stays with them. Vivara is prevention: everyday steadiness for everyone else, so fewer students reach crisis.

Is it a lecture?
No. Everyone practises the tools in the room and leaves with one small task. Coaching, not advice: the answers come from the participants.

ABOUT PRIYANKA YADAV

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