



"A SOCIAL WORK TEAM FOR COMMUNITY DEVELOPMENT"



4 YOU FOUNDATION
Unlocking Possibilities

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OUR MISSION

Here at Team 4 You, we fulfil our mission by providing and developing a variety of resources for communities that lack them.

OUR PROJECTS

1. TRAINING PROGRAMS

Training is a collection of methods used to enhance trainee's motivation producing activation or energization of goal-oriented behaviour that increases interest and that makes trainees more attentive. This results in a better understanding of the lessons and skills being taught. Team 4 You have a professionally qualified and experienced team for our training programs. Our different area training programs are -



- Personality Development Training
- Soft Skill Development Training
- Easy English Training Program
- Motivation Training
- Life Skill Education

2. PSYCHIATRIC COUNSELLING

The counselling process is a planned, structured interaction between a counsellor and a client. It is a cooperative process in which a trained professional helps a client to identify and solve sources of difficulties or concerns that he or she is experiencing. We are providing -

- Individual and Group Counselling
- Family Counselling
- Counselling for Students
- Peer Group



3. WORKSHOPS AND RESIDENTIAL CAMPS

BEYOND THE TEXT

Beyond the text is a training mix of 4 You specially designed for students. Its a two day, three day or seven day training package including motivation, personality development, soft skill development, life skill education and goal setting.



BE A PROFESSIONAL

Be a professional is a training package designed for professionals and employees for improving their skills and professional quality. It results to pay attention more and that will help them absorb more from the lesson. It enhances overall performance.



TEACHING TEC

Teaching tec is a residential teachers training program designed for schools to improve the quality of teaching and ideal teacher student relationship. Positive teaching methods increase engagement, motivation, social kind, helpful behaviour and academic achievement of students.

RAPPORT

Rapport is a combination trainings designed by team 4 You for social work students, psychology students.

EVOLUTION - 4 YOU SPECIAL

4 You's evolution is simply monasticism. You can learn every aspects of the skill education with 4 You mentors in a monk-travelling