

REPORT ON IN-SERVICE TRAINING SESSION

“Education is not the learning of facts, but the training of the mind to think.” -Albert Einstein

An In-service Training Session on ‘Developing Cognitive Flexibility’, ‘Empathy and Empathy Mapping’ was conducted for the Junior School teachers.

Mrs Denise Chakranarayan, a highly motivated and influential person with a lot of experience in her field, was the resource person. The session started off with an icebreaker activity based on multitasking, which made the teachers aware of what cognitive flexibility is, how it is useful in developing themselves and their students.



Various ways by which teachers could be cognitively agile, creative and innovative to suit the different situations faced in a technologically advanced world, were also shared.

In the second part of the session, recounting of real-life experiences and a video showcasing the difference between empathy and sympathy, guided the teachers on how to be more emphatic in their personal lives and then, in turn, imbibe the same values in the children. Empathy mapping as a tool, to better understand the children’s key attributes was explained.



The brainstorming activities conducted made the session interactive and lively. It was an enriching experience and the teachers were thankful to the Heads for yet another opportunity to enhance their skills and bring about a positive change in the children entrusted to them.

Report by,
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