



**CareSteps** is a foundational life and communication skills program designed especially for first-year nursing students. Recognizing the challenges students face when transitioning into professional education, CareSteps equips them with essential skills in self-management, emotional resilience, communication, and learning strategies. The program fosters confidence, personal effectiveness, and college readiness—creating a strong base for their academic and clinical journey ahead.

### Key Features

- 📖 **Self-paced with Assignments** : Students can progress through each module independently, completing reflective tasks and skill-building exercises designed for first-year nursing learners.
- 📅 **Year-long Access** : Full access to the entire program for one academic year, allowing students to revisit lessons and reinforce key concepts throughout their first year.
- 👤 **On-campus Mentor Training** : Faculty members or senior students can be equipped to support learners as campus mentors, creating a local guidance ecosystem.
- 🎤 **Periodic Live Sessions with Experts** : Interactive sessions with professionals to deepen understanding and bring real-world insight.

CareSteps offers two flexible delivery modes to suit institutional needs and learner preferences:

**Mentor-Assisted Learning** : Students participate in a structured, in-classroom learning experience guided by a trained campus mentor. This mode blends engaging activity-based sessions with video content, allowing for reflection, discussion, and peer interaction that deepen learning.

**Self-Paced Learning** : Students independently access video lessons and complete interactive online activities within a stipulated timeframe. This mode offers flexibility while ensuring accountability through built-in progress tracking and reflective assignments.



Equipping **Caregivers** with **Confidence**

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## CareSteps - Modules Outline

- **Me 360°** (6 Hours): This module focuses on building self-awareness, understanding personal strengths and values, and developing goal clarity. Through sessions like *You. Decoded.*, *Map Your Vision*, and *The Power of Yet*, students explore their identity, set purposeful goals, and develop a growth mindset for future success.
- **HQ – The Human Quotient** (3 Hours): This module equips students with essential emotional intelligence skills. With sessions like *Master the Moment*, *EQ Toolkit*, and *The Calm Code*, learners gain practical tools to manage stress, regulate emotions, and stay mindful.
- **My Message. My Voice.** (5 Hours): A hands-on communication module designed to boost confidence and clarity in expression. *Through The Communication Bridge*, *The Speaking Edge*, and *Slide Right*, students learn how to structure messages, speak effectively in various settings, and present ideas with impact.
- **Learning How to Learn** (3 Hours): In this module, students are introduced to techniques that enhance focus, memory, and overall academic performance. Sessions such as *The Clarity Code*, *Lasting Lessons*, *Focus Fuel*, and *Ace Your Exams* provide actionable strategies to help students become more independent and efficient learners.
- **Writing Skills** (3 Hours): This module helps students organize and express their thoughts clearly in written form. With lessons like *Quick Notes: Capture It Fast*, *Smart Notes: Make It Yours*, *Mind Map Mastery*, and *Write Right*, learners practice summarizing, planning, and refining their writing for academic and practical use.



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## CareSteps - Pricing

### Option 1 – Resources Access (1 Year) – ₹1199

- All five learning modules covering core skills for personal and professional growth.
- Mentor training support to guide and encourage continuous progress.
- Year-long platform access for self-paced learning and resource reference.

### Option 2 – Resources + Live Sessions – ₹1,799

- Everything in Option 1, including:
  - All six learning modules
  - Mentor training support
  - Year-long platform access
- 6 expert-led live sessions with interactive discussions, Q&A, and real-world insights.

*Note : All prices inclusive of 18% GST*



Foundational **Soft skills**  
for **Healthcare** Freshers