

ABOUT US

Amexa skills is a soft skills training centre, training the students and enabling them to "Think out of the box" both creatively and critically. Our motto is to enlighten the students while at school or college to know the current trends in education and set a clear path for their successful future. We have unique training methods to mould the students into problem-solvers with an entrepreneurial mind set. We always strive to give not just skills but also the personality of winner.

SOFT SKILLS

Soft skills are non-technical skills that describe how you work and interact with others. Soft skills are the valuable life skills that not only ensure students' success but also enhance and enrich their personality. Soft skills are the secret sauce that allows people to progress in their careers because 85% of our success comes from soft skills. Soft skills are life skills that help a person adjust to the demands of the workplace, adapt to shifting relationships with team members and customers and thrive in a competitive and fast-paced environment.

Soft skills are personal attributes that enable an individual to interact effectively and harmoniously with other people. They can also help an individual to be more successful in their personal life. Many people suffer from the limiting belief that they can not learn soft skills. But this is not true. The good news is that soft skills can be learned.

IMPORTANCE OF SOFT SKILLS

- Soft skills help students think beyond grades.
- Soft skills help students to be successful in the careers of their choice.
- Soft skills help the youth in better job opportunities, better-paying jobs, and a higher standard of living.
- Soft skills help students develop problem-solving strategies and effective communication techniques.
- Soft skills promote leadership qualities in the students and make them organize and inspire their teams.
- Soft skills help students develop creativity, critical thinking and analytical thinking as it focuses on the evaluation and application of facts to real-life problems.
- Soft skills help students become independent thinkers and encourage them to plan for their future.
- Soft skills help students explore and learn things outside of their textbooks.

 It also gives them the freedom to think independently and make choices at an early age.
- Soft skills build team spirit, creativity, inquisitiveness, trustworthiness, assertiveness and sympathy in the students.
- Soft skills create a solid foundation for a successful academic and professional future.
- Soft skills help the youth identify their interests and talents. It helps them develop flexibility, reliability, productivity and efficiency.



COMMUNICATION SKILLS

Communication skill is the ability to convey information and ideas effectively. Communication skills enable individuals to understand others and themselves. Communication skills and language development open doors to communicate ideas, develop a confident attitude, respect for others and public speaking.

- Self-Introduction
- Just A Minute
- Seminar Presentation
- Group Discussion
- Public Speaking
- Presentation Skills
- Story Telling
- Body Language
- Speaking Skills
- Writing Skills
- Elocution
- Interview Skills
- Business Writing
- E-Mail Writing
- Accent training
- Telephone Etiquette
- Resume Writing
- Conversation Skills
- Snap Talk
- Video CV
- Compering
- Narrating Incidents
- Toast Masters
- Letter Writing
- Role Play

PERSONALITY DEVELOPMENT

Personality development is defined as a process of developing and enhancing one's personality. It helps an individual gain confidence and high self esteem. It is said to have a positive impact on one's communication skills and the way one sees the world.

- Time Management
- Confidence Building
- Problem Solving
- Critical Thinking
- Leadership Training
- Goal Setting
- Anger Management
- Conflict Resolution
- Adaptability
- Creative Thinking
- Team Work
- Decision Making
- Professional Grooming
- Stress Management
- Values & Ethics
- Consistency
- Integrity
- Habits for success
- Good Manners
- Building Relations
- Being Mindful
- Circle of influence
- Hope and optimism
- Self esteem
- Failure Management



NAYEEM PASHA

is a certified professional trainer, motivational speaker, soft skills trainer, academic counsellor and a life coach with 6+ years of experience. He has transformed the lives of more than 5000 students and working professionals. He has completed his Masters in English along with BEd. He is skilled in developing and implementing programs to help students grow mentally and professionally strong.



JOY KALINGA

is a certified professional trainer. He has 8+years of experience as a corporate trainer, working with employees of all levels. He has trained many teachers to improve their communication and teamwork skills and to develop their leadership abilities. He has mastered in English, BEd and Bachelor of Philosophy that demonstrates his knowledge and skills in the field.

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