EX | ENACT IT.

Challenge. Change. Rise with Confidence.

CHILD & ADOLESCENT COUNSELLING · JAIPUR

They don't need more lectures. They need to be heard.



Children don't go wrong. They go unheard. Mobile addiction, anger, exam fear or silence: every behaviour is a message. One private 1:1 session decodes it and gives your family a written growth plan.

60 min	5–19	Online	Hindi	₹2,500
Private 1:1 session	Years, plus parents	& offline	& English	Starting fee

> *"We stopped asking what's wrong with him. We started asking what he needs."*
>
> The shift one session can start in a family

Led by **Saurabh Jain**, Founder & Chief Trainer, EnactraX
10 World Records · 200+ Awards · 23+ Years · 30-hour non-stop speech

4,250+ ★
FIVE-STAR REVIEWS

WHY IT MATTERS NOW

The real problem is not your child's behaviour. It is the unheard need behind it.

14

The hidden age-14 rule

Half of all mental health conditions begin by age 14 (WHO), and most go unnoticed for years. What one conversation could ease at 12 often takes years to undo at 22.

12 early signs every parent should know

Tick the ones that sound familiar. Two or more, repeating for weeks, deserve a conversation.

- [ ] Spends hours on mobile or games and gets angry when stopped
- [ ] Talks back or explodes over small things
- [ ] Hardly talks to you and stays in the room
- [ ] Fears exams or goes blank in the paper
- [ ] Marks are dropping and interest in studies is gone
- [ ] Compares self with others and feels not good enough
- [ ] Has mood swings or cries without a clear reason
- [ ] Sleeps late and feels tired all day
- [ ] Worries a lot and gets stomach aches before school
- [ ] Lies or hides things from you
- [ ] Gets bullied, teased or left out
- [ ] A big change (new school, move, loss) hit hard

How waiting usually unfolds

TODAY
The small signs
Tantrums or silence get brushed off as naughtiness.

YEAR 1
The label
"Stubborn", "lazy", "too shy". The child starts believing it.

YEAR 3
The closed door
The phone becomes where feelings hide.

YEAR 5
The borrowed choice
Stream and career get decided by fear and comparison.

YEAR 10
The regret
"I wish someone had understood me then."

How it commonly unfolds when a child's struggles stay unspoken. Every child is different.

INSIDE THE ROOM

One 60-minute session, one shared growth plan

00–10
Connect
A safe start through a game or activity. No scolding, no judgement.

10–25
Assess
Emotions, behaviour, studies, screens, friends and family bond.

25–40
Decode
Triggers, unmet needs and strengths, with a private talk for the child.

40–55
Equip
Calm-down skills and parent connection scripts, practised live.

55–60
Commit
A written 30-day plan for home and school, and follow-up.

The EnactraX 5-step growth path

01
Self Discovery
Decode temperament, triggers and strengths.

02
Mindset & Motivation
From "I can't" to "I can"; from control to connection.

03
Upskilling
Practical tools for calm, focus and open talks.

04
Mentoring
Handholding until the change holds.

05
Unstoppable Growth
1, 3 and 6-month goals at home and school.

20 concerns we help with

Emotions & Mind
- Anger & outbursts
- Anxiety & worry
- Mood swings & sadness
- Low self-esteem
- Fear of failure

Screens & Habits
- Mobile & gaming addiction
- Social media & safety
- Sleep & routine
- Focus & concentration
- Study motivation

Relationships
- Parent-child talk
- Sibling rivalry
- Peer pressure
- Bullying & teasing
- Shyness & social confidence

Growth & Future
- Exam & board stress
- Stream & career clarity
- Honesty & trust
- Big life changes
- Stage confidence

Your family walks out with

- 📝 Child wellbeing insights
- 🔁 Behaviour pattern, named
- 🧰 Calm-down & focus toolkit
- 👨‍👩‍👧 Parent connection scripts
- 🗺 Written 30-day growth plan
- 🤝 Follow-up guidance

YOUR COUNSELLOR



Saurabh Jain, Founder & Chief Trainer, EnactraX

23+ years of experience, expertise in 41 domains and 2,500+ training sessions with students, parents and professionals. He talks to children in their language, with stories, games and real examples, and never labels a child.

- 10 World Records
- 200+ Awards
- 23+ Years
- 30-hour non-stop speech
- 4,250+ five-star reviews

Fees & facts

FEE From ₹2,500	DURATION 60 minutes	MODE Online & offline
LANGUAGE Hindi & English	TIMINGS Customised to you	WHO Ages 5–19 & parents

Our promise: what your child shares stays safe

Nothing is shared with school or relatives. No labels, no judgement. Where a clinical condition may need diagnosis, we refer you to a licensed child psychologist or psychiatrist. In a crisis, call 112, Childline 1098 or Tele-MANAS 14416.

CALL	+91 97999 96500
WHATSAPP	+91 97999 96500
EMAIL	sj.enactrax@gmail.com
WEBSITE	enactrax.com/product/courses/child-adolescent-counselling
OFFICE	Siddhant Complex, Gali No. 6, Adarsh Basti, Adarsh Bazar, Barkat Nagar, Tonk Phatak, Jaipur 302015
FOLLOW	Instagram @enactrax · YouTube @EnactraXOfficial · Facebook EnactraX

Scan to book

EX | ENACT IT.

Don't just learn it. Enact it.

EnactraX, A Venture of Pragya Institute of Personality Development