

WORKSHOP ON PERSONAL EXCELLENCE

13TH TO 15TH MARCH




SYMBIOSIS INTERNATIONAL UNIVERSITY



ABOUT SCMHRD

Born out of the vision of Dr. S. B. Mujumdar in 1993, **SYMBIOSIS CENTER FOR MANAGEMENT & HUMAN RESOURCE DEVELOPMENT (SCMHRD)** is one of the renowned B-Schools of the country. SCMHRD was initially known primarily for its HR program which is deemed to be the third best in the country. But in recent times, it has also carved a special niche for itself in the fields of Marketing, Finance and Operations. Also SCMHRD is the first B-School in the Symbiosis family pursuing AACSB accreditation.

PROGRAMME OVERVIEW

Personal Excellence

The 03 day program (total 24 hours) will provide an insight to all managers on Personal Excellence. They will be made to go through various sessions, individual and group activities to augment their understanding and appreciation of developing themselves both as an individual as well as a Manager.

Objectives of the workshop

To aid the participants to introspect and learn about some of the nuances of human interaction, both at work and at home. This workshop is aimed at augmenting the capabilities of the participants towards handling their interpersonal interactions effectively and excelling in them. After attending this workshop, the participants will be better able to identify transactional patterns and ego states at work, appreciate and adopt an emotionally intelligent approach to life. Finally, they will be better aware about change management and adopt it in their lives.

Who should attend?

Any individual who wish to augment his/her skills in better understanding one's own self and others.

TOPICS COVERED IN THE WORKSHOP

Day – 1 (6hrs)	Day – 2 (6 hrs)	Day – 3 (6 hrs)
Emotional Intelligence: a) Being emotionally intelligent b) Practicing skills in emotional intelligence c) Applying EI skills at work d) Performing under pressure	a) Transactional Analysis b) Johari Window Approach c) Effective time-management	Change Management: a) The concept, dynamics and complexity of change. b) Environmental scanning and SWOT Analysis. c) Leadership skills to facilitate change situations. d) Developing „change mindset e) Resistance to change f) Communication needs for organisational change g) Strategy and action plan.

PARTICIPANT FEE

- Rs. 12,000 + taxes as applicable
- Group Discount: 5% (on the total fees) for 2 or more participants from the same organisation.
- This is a nonresidential programme, however, accommodation assistance will be provided on request.

MODE OF PAYMENT:

- Net Banking Name: **Symbiosis Centre for Management and Human Resource Development**
Bank: Bank of India Branch: Karve Road, Pune
Account No: 050310210000032
IFSC Code: BKID0000503
- DD Drawn in favour of- **Director, Symbiosis Centre for Management and HRD; payable at Pune.**

RESOURCE PERSON'S PROFILE



Dr. Netra Neelam
Associate Professor – HRM & Deputy Director - SCMHRD.

(PhD, M.Phil, PGDHRM, M.Com, B.Com)



Dr. Vinita Sinha
Associate Professor, Head of the Dept – HRM, SCMHRD

(PhD, M.A, PGDHRM, PGD in Health Psychology and Behavior Modification, Certified ESAP Profiling, Certified Big Five Personality Tool 4.0)



Prof. Sanjay Bhattacharya
Assistant Professor - HRM

(UGC-NET, MA-HRM, B Sc., Pursuing PhD)
Corporate Relations and MDP

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