

# 3. DEVELOPING SELF FOR SUCCESS

(DURATION: 3 DAYS)

PROGRAMME DIRECTORS: **PROF. BINDU GUPTA AND PROF. RICHA SAXENA**

## LEARNING OBJECTIVES

- Develop better understanding of self and managing self
- Develop emotional intelligence competencies
- Develop the insights of individual differences
- Conflict management and influencing skills to build relationships and achieve effective results.
- Learn how to give and receive feedback
- Have an understanding of the importance of managing time and stress

## DELIVERABLES

This programme intends to develop in the participants a deeper understanding of self and their significant others. Discussion and psychometric assisted learning using Big Five, MBTI, emotional quotient tests, leadership styles, FIRO B, Conflict management styles will help the participants to have deeper self-awareness and to appreciate individual differences and use this understanding in building interpersonal relationships in a more effective manner.

## PEDAGOGY

Experiential in nature, the programme will be conducted with the help of psychometric tests, exercises, case studies, tool, and peer learning in terms of exchange of experiences. The overall agenda is to make the programme engaging, interesting, and insightful.

## TARGET GROUP

This programme is designed for all managers, team leaders, supervisor and individuals who are interested in self-development. Middle and senior level Managers of public and private organizations.

## ADMINISTRATIVE DETAILS

**Dates:** 16 – 18 October, 2019 (Wednesday to Friday)

**Venue:** Institute of Management Technology, Raj Nagar, Ghaziabad–201 001.

**Fee:**  
Non-residential: Rs. 25,000/- per participant (plus 18% GST as applicable) covering professional fee, programme kit and lunch.

Residential: Rs. 30,000/- per participant (plus 18% GST as applicable) covering professional fee, programme kit and boarding/lodging.