

WORKSHOP ON HANDLING EMOTIONS, ENERGY AND WORK CULTURE

1ST SEPTEMBER 2018

Gitarattan International Business School (G.I.B.S) organized a lecture under Personality Development Workshop Series on 1st September 2018 on Handling Emotions, Energy and Work Culture. The lecture was delivered by Ms. Madhu Sharma, currently working as a full time consultant. She had over 30 years of experience in teaching, research and psychometric tests.



Ms. Sharma started her talk with ABC's of Image i.e. Appearance, Behavior and Communication. She briefed students with the new dimension of word- **"PERSONALITY"** like: P-Pleasant manners, E-Energy, R-Resourcefulness, S-Sound Health, O-Optimistic, N-No Nonsense, A-Assertiveness, L-Liking for people, I-Integrity, T-Time consciousness, Y-Yielding Nature. She gave tips to the students for becoming a positive personality by following points: Enthusiastic & Self starter, Smile, Courteous, and Remain in positive attitude.

She made her lecture interesting by showing many videos on different topics like: How to do handshakes, How to exchange business cards and How to knot a tie. She also performed two activities with the help of students: How to groom & enhance your appearance and Grapevine Communication (Chinese whisper).

The lecture was very informative, interactive and interesting. Students enjoyed and learnt how to manage their emotions, time and groom their personality.

Prepared By: Raghav Jain, Assistant Professor