

Workshop on Managing Personality And Attitude

10th October 2018

The institute organized a Personality and Skill Development Workshop on the theme “Managing Personality and Attitude” on 10th October, 2018 for students of BBA, BA LLB, and BBA LLB (1st Semester). The workshop was conducted by Ms. Pooja Dudani, avid traveler, Learning & OD specialist, Certified NLP Practitioner and a Life Coach. Prof. B S. Hothi, Director of GIBS, gave a floral welcome to Ms. Dudani, after which the session began.

Ms. Dudani opened the session by connecting with students and building their interest right at the beginning. She explained how our body language is imperative to convey attitudes and perceptions. For this, she invited some students to express their excitement and amusement through body language; it was observed by the audience that different personalities express the same expression differently. She discussed how our experiences shape our personalities and change our attitudes.



Students were able to relate to the experiences she shared and the stories she narrated, her young and cheerful personality escalated the enthusiasm of the students. She made the students familiar with the phrase “less is more” which focused on the subtle and appropriate behavior providing suitable examples from our daily lives. She engaged the students in understanding the behaviors and attitudes that form part of our personalities through showing videos involving speech by eminent personalities. The videos explained how our small gestures are perceived and evaluated to form judgments about personality.

Mr. Dudani discussed the importance of having control over our lives and how we should dedicate the initial hours of the day towards the most crucial tasks. She urged the students to create a “focus bubble” and pick one task at a time, which will not only improve the efficiency but also bring a positive attitude towards work.

At the end, she reinforced the key points of the session by asking students about their learning from the session, and their responses proved that the session was full of new learning and positive attitudes.

The session ended with a vote of thanks. It was a very productive and engaging learning experience for the students, as they remained engrossed throughout.

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