

PD Workshop on “Managing and Sustaining Emotions, Motivation and Energy at work”

9th October, 2020

Gitarattan International Business School organized an e Personality Development Workshop on “Managing and Sustaining Emotions, Motivation and Energy at work” on 9th October, 2020 for BBA 5th Semester students. The session was carried by **Ms. Madhu Sharma**, a specialist in the area of Soft Skill Training, Career Counselling, Service Quality Audits, Competency Mapping and Psychometric Assessment. Ms. Madhu holds a Cumulative experience of 30 years in research, teaching, training and psychometric testing and till date has conducted 6800 workshops having trained 160,000 heads .



This workshop aimed at making students learn the strategies of Managing and Sustaining Emotions, Motivation and Energy effectively at work and guided the students on all front very well through the discussions of real life examples. She also told them the mantra to stay positive and motivated and how they should bring more of themselves to work every day.

The session ended with question answer round which was handled very carefully by Madhu Ma'am and helped in clarifying various doubts of students.

giBS sincerely thank Ms. Madhu Sharma for accepting the invitation and taking out precious time to address the students.

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