

PERSONALITY DEVELOPMENT WORKSHOP
MANAGING AND SUSTAINING EMOTIONS, MOTIVATION,
AND ENERGY AT WORK
08th SEPTEMBER 2021

The Institute organized a PD Workshop on “Managing and Sustaining Emotions, Motivation, and Energy at Work” for the students of MBA and MBA IB Semester III on 08th September 2021.

Ms. Anjali Dutta, Founder Director of Train Me Academy conducted the session. Train Me Academy provides the services of consulting & training HR professionals in the areas of Human Resource Management, HRD and allied services, Organization Development, Organization Strategy, Manpower Placements, and Headhunting.



The workshop aimed to develop emotional skill sets of the student's .These emotional skill sets help students to maintain harmonious relationship on all fronts. She guides students on how to construct strong relationships by fixating on self-awareness and effective interactions. She also mentioned that empathy is crucial for maintaining relationships.

The workshop also included video presentations depicting ways to improve self-awareness. She introduced the concept of emotional intelligence to the students. She further explained how emotional intelligence helps with stress management. Throughout the presentation, she reiterated the importance of empathy and emotional intelligence to navigate the oceans of stress and demanding work environment.

The session was dotted with relevant anecdotes. These anecdotes made the workshop very engaging. The insightful session concluded with a vote of thanks.

Prepared by: Dr. Harpuneet Singh Kohli, Assistant Professor, GIBS