

Personality Development Workshop on Building Emotional Competence 11 June 2021

IQAC of Gitarattan International Business School organized a Personality Development Workshop on the theme “ Building Emotional Competence” on 11 June 2021. The workshop was conducted for BBA (Morning and Evening shift) students of Ist Year. The main objectives of this workshop were to know what is emotional competence and its importance at work, to identify the need to build emotional strength and to reflect on effective emotional interactions with self and others.



The theme was well presented and explained by Prof. (Dr.) Nikhil Kulshrestha, Dean Academics, Doon Business School, Dehradun. He explained that managing emotions is one of the biggest challenges we face. Emotional Intelligence has received very little attention in management and productivity literature. Being aware of the emotions of oneself and others is the first step. Once we start to observe our emotions while interacting with ourselves and the people we need to work with, we can become a lot more effective at workplace. Prof. Kulshrestha insisted that emotional competence which makes us understand someone else's position which enables us to respond appropriately.

Prepared by Dr. Pooja Chaturvedi Sharma, Assistant Professor, GIBS.