

DETAILED REPORT

Activity 1: Emotion Intelligence through the Bhagavad Gita

This is a Workshop Tailored for students' needs to :

- Understand and manage their own thinking better
- Character is core to effective leadership.
- Leaders need to be aware of the self and the surroundings.

Objectives of the Workshop to understand:

- Perspectives on self-Management
- Lessons on relevant values from Bhagavad Gita
- To bring clarity to handle day to day personal and learning challenges
- To help students to create work life balance by practicing teachings from Bhagavad Gita
- Learn to facilitate ongoing positive change.
- A proven coaching structure for unlocking people's potential.
- Skills for having tough conversations.
- An ability to have shorter conversations with more impact.
- Improved relationships with direct reports, peers, and supervisors.

Workshop Outline:

- Minding the Mind
- Causes of Stress
- Choice – Consequences Connection
- Law of Cause and Effect
- Goals & Approach
- Fix in Goal – Flexible in Approach Unwavering Commitment towards Goals
- Power of Focus
- Small 'I' Leadership
- How to Move from Control to Influence
- Expanding the circle of Influence
- Feedback to Feedforward
- Become a Strength Finder Coach
- Expected – Unexpected
- Happy Way of Living through 3G
 - Grow
 - Gratitude
 - Giving
- Discover Yourself - Self Assessment

Takeaways:

- Learn to motivate yourself and Team to take fast action
- To balance your busy professional life & Personal life
- To develop your creativity to gain maximum progress

This one session workshop has created an awareness to the students which will later enable them to manifest the latent qualities of functional, emotional and spiritual excellence to increase their leadership effectiveness besides strengthening their own self to face any crisis the battles in their life.