



Confederation of Indian Industry

CII Naoroji Godrej Centre of Manufacturing Excellence

Online Workshop on

EMOTIONAL WELLNESS

Date: 14th October 2020

Duration: 2 Hours

Timings: 2:00 pm– 4:00 pm

INTRODUCTION

Following the novel coronavirus disease 2019 (COVID-2019) pandemic, the world of work is severely affected during this crisis, therefore, all sections of society – including businesses, employers and social partners – must play a role in order to protect workers, their families and society at large.

The pressures of work, home and society in general have impacted our emotional well-being. We have started viewing certain things in a different light. The least importance that we have given is to our own emotional state.

LEARNING OBJECTIVES

The workshop focuses on helping participants assess their own emotional state, identify the stress triggers and adopt small measures that help restore a more balanced approach to life.

WORKSHOP FEATURES

- 1 Introduction to the topic and agenda
 - 2 Need and importance of being self-aware
 - 3 Regulating and culturing of emotions
 - 4 Anger Management
 - 5 Motivating Self and Self Talk
 - 6 Managing Necessary social skills
 - 7 Social management and being responsible
 - 8 How to handle difficult situations
 - 9 Developing mental toughness and handling stress
 - 10 Plan for a balanced mental well being
 - 11 Q&A
- All the topics will be backed up with real life examples
 - Self-assessment will be conducted.

WHO SHOULD ATTEND: This program has a universal appeal.

FACULTY: Dr.Tulika Pandit is a certified ICF Coach, NLP Practitioner, Facilitator and Coach with over 14 years of experience mentoring in the biggest corporates and Institutions of India

Programme will be on Microsoft Teams

PARTICIPATION FEES : INR 2000 + GST @ 18% Per Participant

DISCOUNT : 5% on 2 nominations & 10% on 3 or more nominations from an organization.

ONLINE REGISTRATION LINK : http://www.cii.in/OnlineRegistration.aspx?Event_ID=E000052153

NOTE: Participation fees is non-refundable/ non-adjustable against any other program of CII, but change in nomination(s) is accepted.

NOMINATIONS & ENQUIRIES: Amita Samant

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