

**CII Naoroji Godrej Centre of Manufacturing Excellence**

Online Workshop on

# EMOTIONAL WELLNESS

**Date:** 22 June 2021

**Duration:** 3 Hours

**Timings:** 2:00 pm– 5:00 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

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| 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 Practioner, 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 3000 + 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=E000054675>

##### 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 Cell: 9967516695 Email: amita.samant@cii.in