

# **Personal Growth for Workplace Effectiveness**

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## **Overview**

The increasing competitiveness at workplace has led to shifting of focus towards enhancing the effectiveness at workplace which can play a critical in increasing workplace efficiency – individual, team and organizational. That apart, the focus is on reorienting self and also focusing on better people relationships, both within and outside the team. The issues of effectiveness ranging broadly from individual self, learning, team, performance, positivity, handling emotions, raising performance bar, stress management, etc. The Programme, ‘Personal Growth for Workplace Effectiveness’ is designed to address those issues at workplace.

## **Objectives**

The programme is aimed at increasing the productivity and performance levels of the individual employees at both personal and professional level. Some of the objectives of the programme include the following:

- Understanding self in relation with family and organization
- Understand the importance of job and productivity
- Motivating self and others
- Managing downturn effectively
- Handling emotions positively
- Better management of intrapersonal and interpersonal relationships

## **Methodology**

The programme has different modules and therefore different methods will be deployed to address the needs of the executives. They include the following:

- Lecture
- Role play
- Case study
- Exercise

## **Expected Outcomes**

The programme is designed to enable the participants to understand themselves from a holistic perspective and overcome the issues of productivity at workplace in a better manner. The participants will walk away by developing a new perspective towards life and work and will be in a position to handle downturns in a better and intelligent manner.