

**Workshop on Emotional Intelligence for
Overcoming Stress and Enhancing Competence**

15th December 2018

Full Name: _____

Designation: _____

Department/specialization: _____

Organisation: _____

Experience (in years)

Teaching/ Research/Other: _____

Address for Communication: _____

Pin Code: _____

Phone: _____

Mobile No.: _____

E.mail: _____

Registration Category: (Please Tick)

Faculty Members/ : _____

Participants from Industry : _____

Students/ Research Scholars : _____

Details of Registration Fee:

Name of Bank & Branch: _____

DD No.: _____ Dated: _____

Rs.: _____

(DD should be in favour of "Gautam Buddha University",
Payable at Greater Noida) or online transfer in the

A/C No. 6660000100000681 IFSC PUNB0666000
(a SMS needs to be sent for confirmation)

Date: _____ Signature of Participant: _____



Having the largest campus among State Universities, the University is on the path of becoming a world class centre for excellence in education, research and management with a special focus to serve the under privileged and economically challenged sections of the society. It modeled as a fully residential educational campus in line with the best institutions of higher learning across the globe. The uniqueness of its reputation is acknowledged through the format, content and pedagogy of its programmes and its relevance to the demand of the society. The University is recognized by the University Grants Commission under UGC Act and is a member of the Association of Indian Universities.



**Gautam Buddha University
Greater NOIDA, UP**

***Workshop
on
Emotional Intelligence for
Overcoming Stress and
Enhancing Competence***

15th December 2018

Organized

By

**Department of Education & Training
School of Humanities & Social Sciences
Gautam Buddha University**

Significance of the Workshop

Stress is common in life. People have different stress and coping mechanism to deal with it.

The demands of the modern life, professional challenges and adaptability with the frequently changing lifestyle are the major causes of chronic stress.

Stress causes multiple health disorders and other health related problems such as hypertension, gastritis, headaches, irritations, uncontrolled anger, cardiovascular diseases, sleep disorder etc. which, in turn affect the overall health of the an individual. Such problems finally lead to loss of performance and productivity.

It is proved that 80% of the health problems reported at the primary health care clinics are due to stress and lack of efficiency in dealing with stress.

Stress has a major impact in our life. Lack of efficiency at workplace certainly manifests in the form of dissatisfaction. This dissatisfaction causes stress reactions in the body and mind which in turn bring about changes in the interpersonal relationships, behaviour and life style.

Emotional Intelligence has been considered as one of the best tool to overcome stress. Besides the other qualities it also helps in understanding one's own as well emotions of others. Studies revealed that emotional intelligence can be nurtured with experiences of life. It is one of the most important tools which are being used in controlling stressful

situations and better management of emotions. Hence, emotional intelligence that we all have should be consciously nurtured and strengthen.

It needs an effective strategy to deal with such demands of the personal life and requirements of the professional commitments. Such problems can be dealt effectively and easily if someone is aware about his/her own personal resources, strengths and practice strategies to respond to the stressful situation accordingly.

The focus of the workshop is to realign and reignite the potential of the human resources of an organization and also to produce Training of Trainers (ToT).

Resource Persons of the workshop:

The resource persons for this workshop are from diverse back ground with wide experience of working in different clinical, community, management and educational institutions over decades.

Who should Join:

Senior Corporate Officers/Govt. Officers/IT Professionals/ Faculty/Research Scholars

Date and Venue: The workshop will be held on **15th December 2018 at Meditation Centre,** Gautam Buddha University, Greater NOIDA –208312.

What would I Gain: Better Interpersonal Behaviour, better adjustment, Improve family cohesiveness, better emotional management, became training of trainers, better able to understand life skills, work life balance, relaxation techniques, better concentration, improve competencies.

COURSE CONTENTS

- *Stress, its types, causes and effect of stress; Positive and Negation Stress*
- *Life style stress*
- *Job related, Job unrelated stress*
- *Burnout Stress Syndrome (BSS)*
- *Stress Management and Intervention Strategies*
- *Emotional intelligence*
- *Emotional intelligence and negotiation*
- *Work Life Balance (WLB)*
- *Neuro-linguistic programming (NLP)*
- *Implication of self and enhancing well-being.*

Registration fee: Rs. 2500/- only

Early Bird 30th Nov. 2018 (discount 20%)

If 3+ from same organization (upto 20%)

Research Scholars: (discount of 20%)

Last Date of Registration is 13th December 2018

The payment is to be made in favour of 'GAUTAM BUDDHA UNIVERSITY' through Demand Draft payable at Greater NOIDA or online transfer in A/c No. 6660000100000681 IFSC PUNB0666000 (a sms needs to be sent for confirmation)

Patron

Prof. Bhagwati Prakash Sharma,
Hon'ble Vice-Chancellor

For queries / confirmation please contact to:

Dr. Vinod Kumar Shanwal
Workshop Coordinator
Head, Dept, of Education & Training,
Email: yk.shanwal@gbu.ac.in
Ph: 0120-2344424 (O):
(M) :9560544210

Dr. Neeti Rana
Convener
Dean, SoHSS
0120-2344419