

## **Journey to Self: A Workshop Course**

### **Introduction**

Management is commonly understood about getting maximum returns from the available resources to achieve valued objectives. Management involves managing money, material, machine and men. While first three factors can be managed in an objective manner when it comes to managing 'men' it is essentially managing 'minds'. To manage or lead minds of others a manager needs to manage his or her own mind. Managing mind which can also be termed as managing 'self' requires systematic reflection on 'self'. The course 'Journey to Self' is based on scientifically examined methods about our physical, emotional, intellectual and energy aspects of 'self'.

Pedagogy of the course is almost completely based on dialogue, psychometric assessments, case analysis, and experiential exercises which encourage participation and peer learning. This course is divided into 7 interconnected yet independent modules of three hours each. Depending on the learning objectives for different participants appropriate modules can be delivered.

**Learning objectives:** After attending this workshop course the participants will be able to:

1. Appreciation for Self Management
2. Design and redesign the personal vision for life and career
3. Practice the techniques of creative thinking and innovation
4. Identify and demonstrate the emotional intelligence
5. Apply the techniques for enhancing energy in daily life through the techniques of Yoga
6. Carry out conversations demonstrating listening skills and assertiveness
7. Effectively deal with conflict situations in day to day life
8. Carry out team work and create synergy in team situation
9. Interpret the interconnection and interactions of behavioral, mental, emotional and energy level of life
10. Appreciate the role of self awareness for managing multiple stakeholders and dealing with complexity
11. Nuances of leading in team

### **Session Plan**

1. **Role of Self Reflection for Business Leadership**  
Comprehending the notion of self and self awareness  
Role of Self Awareness for business leadership (Discussion)  
Appreciating physical self (Experiential exercise)  
Two aspects of Managing Self: Managing mind and Managing Time (Discussion)  
Psychological aspects of Effective Time Management (Paper and pencil exercise)
2. **Emotions and Emotional intelligence**  
Recognition of power of emotions (Discussion and systematic reflection)  
Distinctions in prominent emotions (Paper and pencil exercise followed by group work)  
Enhancing positive emotions and dealing with negative emotions (Role play and reflective exercise)
3. **Intellectual Realm of Self**

Identifying Values and Beliefs (Values in Action Instrument)

Logical thinking (Debate Method)

Discrimination and Decision making (case study)

Formation and Transformation of Self Identity

Creative and Lateral thinking (Introductory exercises on creative thinking)

**4. Managing Energy**

How energy affects different aspects of life

Sources of Energy (Food, Breath and Thoughts)

Yoga: Body postures, Breathing techniques and meditation for enhancing and managing energy  
(Experiential session)

**5. Managing Relationship**

Systemic perspective of reality

Listening the First Step in Building Relation (Role Play)

Taking feedback and sharing true self for building relationship (Instrument on Johari Window)

Conflict handling: Self reflection (psychometric assessment and case discussion)

**6. Creativity and Innovative Thinking**

Connection between self awareness and creativity

Identifying the obstacles in creative and innovative thinking (Psychometric assessment)

Practicing divergent and Convergent technique of creative thinking

Application of creative and innovative thinking in day to day life

**7. Team working:**

Decision making in teams (Experiential exercise)

Team communication ((Experiential exercise)

Role preference in Team (Psychometric assessment)

**Assignments:**

- Submission of Photo Voice after each session
- Case analysis

**Project:**

- Survey of wisdom tradition existing in their culture and sharing the thoughts/methods/technique present in that with other participants