



E-CERTIFICATE COURSE



JINDAL INSTITUTE OF
BEHAVIOURAL SCIENCES



WELLBEING @ WORK FOR A HAPPIER YOU 😊

Ever came across people who are great at work but struggle with relationships? Colleagues who are high performers but still unhappy and dissatisfied? Or others who are very intelligent and yet make poor decisions? This short 2-day training module is designed to explore such questions and delve into potential solutions by focusing on the principles of Psychology. Resource persons will familiarize participants with the concepts of Positive Psychology, Stress Management, the Art of Listening, and Humor to take you forward on the path of a happier you at work and in life! Simple strategies to maximize your potential for better intrapersonal and interpersonal outcomes shall be discussed.

WHO SHOULD ATTEND?

Anyone who wants to invest in their workplace (And overall) wellbeing!

We invite professionals from any industry/ experience level who would like to spend a few hours to build their own psychological strength.

Charges: Nil

Instructors & Sessions



PROF. (DR.) SANJEEV P. SAHNI

Professor & Principal Director, JIBS

Stress Management and
Performance Enhancement



PROF. (DR.) MANJUSHREE PALIT

Associate Professor & Director, JIBS

The Art of Listening



PROF. (DR.) TITHI BHATNAGAR

Associate Professor, JIBS

Using Humor for Success
at Workplace



PROF. (DR.) PULKIT KHANNA

Associate Professor, JIBS

Positive Psychology for
Workplace Wellness



13-14 AUGUST 2020 (2HRS/DAY)

SESSION 1



03:00 PM to 04:00 PM

SESSION 2



04:15 PM to 05:15 PM

E-CERTIFICATES WILL BE PROVIDED TO THE PARTICIPANTS UPON COMPLETION OF ALL FOUR SESSIONS

For registration: https://docs.google.com/forms/d/10pGBG4g9s-xsWllGkv5JsaZCa07B4WlIA7thOGGAnTs/viewform?edit_requested=true

For any query please write to Ms. Tanni Choudhury at tchoudhury@jgu.edu.in

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