



Life Skills @ the workplace

A unique Faculty Development Program

Inspired & Facilitated by



*The whole purpose of education
is to turn mirrors into windows.*

*Sydney J Harris
Author and Journalist*

Program Overview

Faculty is the core pillar of any institution. A motivated workforce with positive outlook adds a lot of value in achieving the objective of the institution and spread the message more rapidly than anything else.

The faculty is the face to balance the management and student relationship to take it in a long way.

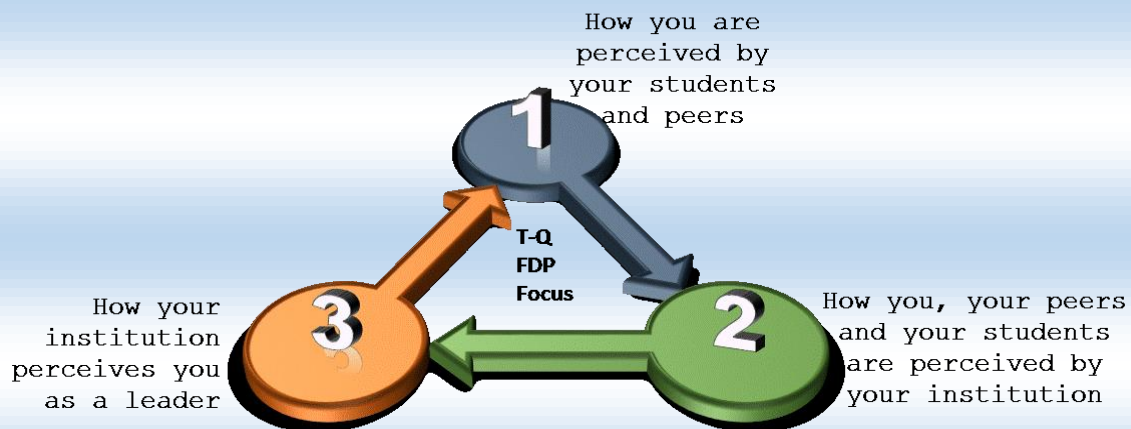
Program Objective

The program will address the faculty mind set and behavioural aspects that can be strengthened or transformed for generating better results for the institution as well as personal satisfaction.

The Program considers the changes in the social context, the generation gap and the organizational dynamics of today.

Key Learning Outcomes

With Self	With Students	With the Institution
Dealing with anxiety & stress in a positive way	Building healthy connections	Providing Leadership
Managing impulsive reaction and response	Being non-judgemental	Fruitful Cross-Functional interactions
Job and career satisfaction	Facilitating change	Bonded Team
Work-Life Balance	Dealing with diversity – age, culture, beliefs and values	Mentoring – peers and subordinates



Our approach

Our programs are primarily designed at enabling powerful people transformations as we believe that eventually and organization is as good as the people who constitute it.

Faculty development programs are traditionally focused on technical and functional areas – our program complements traditional FDP programs by competing the People engagement perspective which has a profound impact on the quality of people relationships, people dynamics and people results.

Our program is designed like a lab and encourages participants to experiment with ideas, creativity and be innovative in their thinking process as well as be open to challenge the status quo.

Program Structure:

Introduction

This session introduces the participants to each other and the topic in a creative manner and also includes an open debate to set the context for the next 2 days on “Teaching – An art or a science?”

The session structure that follows is stated below and is experiential in nature involving several activities and small / large group exercises.

<p style="text-align: center;">Day 1 Self-Management</p>	<p>Focus and Self Control</p> <ul style="list-style-type: none">• My Values & Beliefs – Beneficial & non-beneficial• My purpose statement – What drives me• Self-control – How is my balance <p>Perspective Taking & Communicating</p> <ul style="list-style-type: none">• “How’s” of communicating – The meaning of our communication is the response we get• Perspective Mapping – Self & Others• Mind sets & Change - What’s the need of the hour <p>Taking on challenges</p> <ul style="list-style-type: none">• Managing Stress & Anxiety – Stress levels & coping strategies• Dealing with Failures – Bouncing back strength• Responsible Decision making – Sense of Accountability
<p style="text-align: center;">Day 2 Managing Outside</p>	<p>Making Connections</p> <ul style="list-style-type: none">• The essence of Relationships – Understanding relationship dynamics• Mirroring Relationships – What we give comes back• Transforming Relationships <p>Critical Thinking</p> <ul style="list-style-type: none">• Understanding Behaviour generation process – NLP based• Self-talk & Power of Words• Be-Think-Do Attitude <p>Working with Teams</p> <ul style="list-style-type: none">• Unlearning to Learn• Situational Leadership & Mentoring• Working with Teams

Program Logistics

The Program has better outcomes when it is conducted in an offsite and preferably outdoor environment to foster creativity and thinking.

The Program structure is ideally designed for 2 days.

The program methodology is as follows –

- Pre-assessment of personality traits
- Interactive sessions that follow a pre-designed learning pathway
- Activities and Games to engage the participants
- Hands on activity with feedback to engage participants in demonstrating skills
- Presentations and Videos

Facilitators

The facilitators are experts from industry who carry a mix of expertise and skills across a range of subjects such as neuroscience, emotional intelligence, life coaching, personal and organizational excellence, education industry domain knowledge and a training / research and academic background as a professional faculty to corporates and institutions.

About Tattva-Q Life Labs

Tattva-Q Life Labs is an organization dedicated to the cause of Human Development through powerful people transformations. The organization has designed several learning tools, techniques and interventions to accomplish this.

Tattva-Q Life Labs engages actively with organizations, institutions and individuals through its corporate platform and also through its social impact foundation called MSTQ Human Development Trust.

Tattva-Q Life Labs was incubated by Vidya Yedavalli and Ranga Iyengar as part a focussed people initiative at Strategic Interventions India P Ltd, a boutique business advisory firm that has been servicing industry and people since 2003.

Tattva-Q activities include programs on attitudes and behaviours, coaching, counselling and research.

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