

# **FORE School of Management**

## **Management Development Programme on Enhancing Managerial Effectiveness through Self Awareness November 8-9, 2011, FSM Campus, New Delhi**

### **Backdrop**

Self awareness is central to being a successful leader. To be effective in an organizational setting, a manager needs to know his strengths, weaknesses, interpersonal styles and a deeper insight into their own behavioral patterns. Controlling oneself is the key to commanding others effectively. Warren Bennis called the “management of self” (knowing your skills and deploying them effectively) a leadership commandment. “Management of self is critical,” he says, because “without it, leaders and managers can do more harm than good. Like incompetent doctors, incompetent managers can make life worse; make people sicker and less vital.” Such an enlightened person can usher in optimal productivity and thereby will be instrumental to the growth and development of the organization.

### **Objectives**

- Empower individuals to be in greater control of themselves for personal growth
- Balancing emotions in interpersonal transactions
- Rejuvenate body, mind and soul
- Enable them to see opportunities for self growth in the new situations
- Spark reflection to change their mindset
- Empower them to believe in themselves

### **Contents**

- Understand self in relation to self
- Strengthening Self Management Competencies
- Enhancing Interpersonal Effectiveness
- Being positive and proactive in organizational activities
- Group Dynamics & Leadership
- Understand and recognize the person for better relationship
- Correcting misunderstanding & facilitating professional conversations
- Feeling good about yourself through Practical sessions on Visualization, Contemplation, Mind Stilling Exercises & Meditation.

### **Methodology**

Training pedagogy would use a mix of experiential learning approaches, simulation exercises, role plays, group activities and mind stilling exercises.

### **Who May Attend**

This course has been designed for senior, middle and junior level executives, managers, professionals, consultants, established and budding entrepreneurs, academicians and trainers.