



**JAIPURIA INSTITUTE  
OF MANAGEMENT**

**EMPOWER • ENTHUSE • EXCEL**

INDIRAPURAM, GHAZIABAD

Affiliated to Dr. A.P.J. Abdul Kalam Technical University,  
Uttar Pradesh, Lucknow



**NAAC**

NATIONAL ASSESSMENT AND  
ACCREDITATION COUNCIL

Accredited by NAAC with Grade 'A'

MANAGEMENT DEVELOPMENT PROGRAM

Leading  
**Oneself**  
through Self-Leadership

**Day and Date:** Saturday, September 25, 2021

**Venue:** Virtual Platform, Google Meet

**Timings:** 10.00 AM- 4.00 PM

# The Programme

Leadership has always been a much-talked-about topic but at the same time, it has been inflicted with an abundance of ideas and limitations. Nevertheless, it provides us a clear vision of our goals and paves the way to achieve it. Leadership has many theories and dimensions and different situations demand catering to different aspects of leadership. But Self-Leadership which is an upcoming area refers to the process of controlling one's behavior and influencing and directing oneself through a procedure of behavioral and cognitive strategies. As part of the broader concept of self-management, it is a new way to focus on the mental process of an individual to attain the best results.

## Objectives of the Program

- Understanding the concept of Self-Leadership
- Take responsibility for own actions by understanding one's mental processes
- Emulate the four pillars of self-leadership

## Contents of the Program

- Understanding Mental processes
- Ways of Controlled thinking
- Applying relevant Behavioural cognitive strategies

## Takeaway for participants

The program will endeavor to make participants use cognitive and behavioural strategies to help attain goals by intrinsic motivation. It aims to help them identify and replace dysfunctional beliefs and assumptions and switch to more positive thoughts through self-analysis.

## Pedagogy

The program will include a combination of self-reported questionnaire to understand the existing level of self-leadership in individuals and discussion of case studies with relevant analysis of the topic.

# Intended Audience

The program is intended to serve junior level and middle level managers, seeking to work on their effectiveness.

## Resource Person

Ms. Guneet Kaur is an IIM-Lucknow alumni with an MBA in Human Resource Management. She has a versatile experience of more than 17 years in academia and corporate. She has been taking workshops for companies like GE, Inter-globe technologies, Visa House etc. on emotional intelligence and self-leadership. Ms. Kaur has published research in ABDC and Scopus listed journals and is an avid researcher in the area of self-leadership. She is a certified psycho-metric assessor in various projective and objective personality tests from Guru Gobind Singh Indraprastha University, Delhi. Initially, worked with hotels like Inter-Continental, Le Meridien and Convergys, and gained expertise on customer satisfaction, customer communication and customer relationship management. She has taught mostly in colleges of Indraprastha University, Delhi and presently working with Jaipuria Institute of Management as Assistant Professor. Her topic of PhD research is Employee Engagement, Emotional Intelligence and Self-Leadership.

Timings/ Hours to be invested  
**10.00 AM to 4.00 PM**

Commercials:  
**Rs.1000 per participant.**

Date:  
**September 25, 2021**

## Registration and Payment details

<https://bit.ly/3E4XqRp>

## For payment details

*Payment can be made through the following two options:*

GooglePay/ Paytm/ Phonepe on the number of Mr. Praveen Arora - 9990678915.

### Bank details

A/c Name - Jaipuria Institute of Management  
A/c no - 20372745394  
Bank Name - Indian Bank (Current Account)  
Branch Name - C-25, Sector - 15, Vasundhara Awas Vikas, Ghaziabad 201012 Uttar Pradesh  
IFS Code - IDIB000V515

Contact no. (for confirmation) - 9990678915, 0120-4550109  
Don't forget to write MDP Payment and your name while making the payment.

# MDP CELL

The program is intended to serve junior level and middle level managers, seeking to work on their effectiveness.

**Mr. Shishir Jaipuria**

Chairman

Jaipuria Group of Educational Institutions

**Prof. (Dr) Daviender Narang**

Director

Jaipuria Institute of Management, Indrapuram, Ghaziabad

**Dr. Sadananda Prusty**

Dean (Academics)

Jaipuria Institute of Management, Indrapuram, Ghaziabad

**Dr. Ashwani Varshney**

Dean (Students Welfare)

Jaipuria Institute of Management, Indrapuram, Ghaziabad

**Dr. Rashmi Maini**

**MDP AREA CHAIRPERSON**

Assistant Professor

Jaipuria Institute of Management, Indrapuram, Ghaziabad

**Ms. Sanandi Sachdeva**

Assistant Professor

Jaipuria Institute of Management, Ghaziabad



Resource Person  
**Ms. Guneet Kaur**

Assistant Professor

Jaipuria Institute of Management, Ghaziabad