

MANAGEMENT DEVELOPMENT PROGRAM

BURNOUT TO BALANCE

EMPOWERING LEADERS
THROUGH EMOTIONAL
INTELLIGENCE AND
MINDFULNESS



14 Dec
2024



10 - 01
AM PM



Fee per participant

₹ 500/



Mode

Online

Register Now



"BURNOUT TO BALANCE" EMPOWERING LEADERS THROUGH EMOTIONAL INTELLIGENCE AND MINDFULNESS

This comprehensive training program aims to equip participants with knowledge, concepts, and skills in managing burnout, emotional intelligence, mindfulness, and system psychodynamics in the workplace. Through interactive sessions and practical exercises, participants will gain tools and techniques to become emotionally intelligent leaders. The program fosters a culture of authenticity, inclusivity, and high business performance.

The main objectives of the proposed MDP/FDP are:

- Understand Burnout and Emotional Intelligence.
- Develop Self-Awareness and Mindfulness.
- Build Emotionally Intelligent Leadership Skills.
- Create a Resilient and Balanced Workplace.
- Promote Effective Decision-Making and Team Performance.

PROGRAM CONTENTS:

- Leadership and Emotional Intelligence.
- Systems Psychodynamic Approach to Leadership.
- Changing Self and Others.
- Mindfulness and Neuro-Leadership.

LEARNING OUTCOMES:

- Recognize and Manage Burnout.
- Enhance Self-Awareness and Emotional Regulation.
- Apply Emotional Intelligence in Leadership.
- Implement Mindfulness Practices.
- Strengthen Decision-Making Skills.
- Cultivate a Positive Workplace Culture.

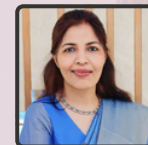
LEADERSHIP TEAM:



Shri. Shishir Jaipuria
Chairman and Patron



Prof. (Dr.) Daviender Narang
Director, JIM



Prof. (Dr.) Rashmi Bhatia
*Dean-Academics and
Chairperson, MDP*

RESOURCE PERSON:



Dr. Divya Pant
Assistant Professor



Dr. Kratika Singh
Assistant Professor

WHO MAY ATTEND:

- This course is tailored for executives, including Functional/Departmental Heads and their direct reports.

REGISTER NOW

