



DR. RASHMI MAINI
(HRM, OB & INDUSTRIAL RELATIONS)
ASSISTANT PROFESSOR, JAIPURIA INSTITUTE
OF MANAGEMENT, GHAZIABAD

DR RASHMI MAINI, A PH.D IN HUMAN RESOURCE MANAGEMENT FROM FACULTY OF MANAGEMENT STUDIES, UNIVERSITY OF DELHI, IS PRESENTLY WORKING AS AN ASSISTANT PROFESSOR IN THE AREA OF HR AND OB AT JAIPURIA INSTITUTE OF MANAGEMENT, INDIRAPURAM, GHAZIABAD. SHE IS A CERTIFIED LIFE COACH FROM 'GROW MORE AVENUES' (ICF CERTIFIED). SHE HAS ALSO CONDUCTED TRAINING PROGRAMS FOR VARIOUS PSUS AND ACADEMIC INSTITUTIONS SUCH AS WAPCOS, RITES, SJVN, NHP, NTPC, VV GIRI NATIONAL LABOUR INSTITUTE, CHRIST UNIVERSITY, UNIVERSITY OF CALCUT AND MANY MORE. SHE IS AN ACTIVE MEMBER OF BUIRA (BRITISH UNIVERSITIES OF INDUSTRIAL RELATIONS) AND ISABS (INDIAN SOCIETY FOR APPLIED BEHAVIOURAL SCIENCE)

IN THE PRESENT SCENARIO, INDIVIDUALS WHO ARE CREATIVE, SELF-AWARE, ADAPTIVE, FLEXIBLE AND HIGH SELF-MONITORS ARE PREFERRED BY MOST OF THE CONGLOMERATES. SUCH TRAITS ARE ESSENTIALLY REQUIRED TO ENHANCE THE PERFORMANCE OF SELF AND THE ORGANIZATION. THE OBJECTIVE OF THIS SESSION IS TO PROVIDE HANDS-ON EXPERIENCE TO STUDENTS ON THE PEOPLE-FOCUSED APPROACH CALLED 'COACHING'. THE SESSION WILL HELP STUDENTS UNRAVEL THEIR STRENGTHS, WEAKNESSES AND LIMITING BELIEFS VIA SELF-COACHING.

OBJECTIVES:

- TO HELP STUDENTS UNDERSTAND THE CONCEPT AND IMPORTANCE OF 'COACHING' FOR DEVELOPING SELF.
- TO INVOLVE THE STUDENTS IN THE PROCESS OF SELF-COACHING FOR BETTER DECISION MAKING.

INTENDED OUTCOMES:

- STUDENTS WILL UNDERSTAND THE IMPORTANCE OF THE 'POWER OF THINKING VIA COACHING PROCESS'.
- THEY WILL BE ABLE TO APPLY COACHING TECHNIQUES FOR SOLVING PROBLEMS.
- THEY WILL UNDERSTAND THE POWER OF SELF-COACHING FOR ACHIEVING THE DESIRED OBJECTIVES

**PARENT-TEACHER ASSOCIATION
DEPARTMENT OF COMMERCE
DYAL SINGH COLLEGE
UNIVERSITY OF DELHI**

WORKSHOP ON:

"SELF-COACHING FOR SELF-DEVELOPMENT"

DATE:

18TH FEBRUARY 2022

TIME:

3P.M. TO 4P.M.

VENUE:

GOOGLE MEET

JOINING LINK:

<https://meet.google.com/knh-eac-zhvb>

PRINCIPAL

PROF.V.K. PALIWAL
(OFFICIATING)

TIC

PROF. MINAKSHI KAR

CONVENOR

MS. ANKITA GUPTA

CO-CONVENOR

DR. SANDEEP GARG
DR. THIRUMOORTHY R

**ORGANIZING
COMMITTEE**

MR. NARENDER SINGH NEGI
MR. ARUN KUMAR
DR. DIVYA KHATTER
MS. DIVYA SHARMA
DR. SANDEEWANI SEHGAL
RISHABH SHARMA (STUDENT MEMBER)