Managing Emotions

INTRODUCTION

To face the unforeseen and unexpected contemporary global challenges, today everyone must be innovative on all aspects of management and ready for attitudinal change. One of the problems that many of us face is our inability to manage emotions at family and work. Consequently, success moves away from us. Here, one needs to understand self well and introspect what s/he could not do which others did and succeeded. Managing emotions at work and family has potential to facilitate in competing with counterparts and achieving excellence.

OBJECTIVES

It has been found that many high performing people, who were unable to manage their emotions at family and work, could not achieve professional excellence. Many, who were perceived to be below mediocre excelled because colleagues feel comfortable working with them. This variance in professional success leads to dissatisfaction and frustration to high performers. In long run, it affects their relationship with all stakeholders and performance. This means, for an effective professional, it is important that one believes on self and should prioritize to focus on achieving the achievable without disturbing others and getting disturbed. This demands one to have expertise on managing self-emotions. Proposed programme is an endeavour in this direction to sensitize one and explore state of emotional equilibrium for achieving excellence in respective field.

TOPICS TO BE COVERED

Who am I
Exploring emotional quotient
Believing on self
Developing skills to adapt to any situations
Orienting towards emotional equilibrium
Managing emotions at work and family to excel

WHO IS ELIGIBLE

Any experienced professional, in any field/area/sector, aspiring to excel is eligible to apply.

BENEFITS OF THE PROGRAMME

Programme should energize to believe on self, update with some strategies to manage emotions at work and family for facing global challenges and provide opportunity to explore the hidden attitudinal/behavioural potential to move towards achieving excellence in respective field.
**Pedagogy:** Sessions will have mix of Case Studies, Exercises, Experiential Learning, Role Playing and Behavioural Mentoring.

**Duration:** Programme is of 2 days and will be coordinated through Continuing Education and Quality Improvement Programme (CE & QIP) of IITB by Prof. S. Bhargava of the SJMSOM during April 23-24, 2018

**Programme Fee:** Programme fee is INR 29500 (Twenty-nine thousand and five hundred) inclusive of GST. Each participant is required to pay the total fee online using following details:

Name of Account: Registrar, Indian Institute of Technology, Bombay (Draft, payable at Mumbai, can be prepared on this name, if online payment is difficult)
Name of the Bank: State Bank of India
Current Account No.: 10725729128
IFSC Code: SBIN0001109
Bank Code No./ MICR code:400002034
Branch: IIT Powai; City: Mumbai

Fee includes course material, lunch and tea.

**Faculty:** Professor S. Bhargava (Ph. D.) is Professor & Head at the SJMSOM, IITB, His teaching, research, training and consulting area are in the field of Organizational Behaviour, HRM and Entrepreneurship. He is recipient of many awards, has published extensively and guided large number of students.

**Contact**

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Office of the Continuing Education & Quality Improvement Programme (CE&QIP), IIT Bombay

REGISTRATION FORM

MANAGING EMOTIONS

Participant’s Details

Name: ____________________________________________
Address: _______________________________________________ PIN ____________________
_________________________________________________
Phone (Office) ___________________ (Res.) ___________________ (Mobile) _______________
Fax: _____________________________ E-Mail: __________________________

Academic Details  (please attach photocopy of the last qualifying degree)

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Work Experience Summary

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Registration Details

DD No.: __________________ Drawn on: __________________________
Dated: _______________ Amount: Rs ____________________________

The draft should be drawn in favour of “Registrar, IIT Bombay – CEP Account”.

I hereby declare that the information provided above is true & correct. I promise to abide by the norms and rules of the programme.

Date: _______________ Signature of the applicant: ___________________