

## PROGRAM OBJECTIVES

This workshop provides insights in understanding human behavior and how to deal with different people at the workplace. The objectives of this program are:

1. To provide conceptual inputs and application-oriented perspectives on Psychology applied to Work Life.
2. To understand the variations in individual differences (personality, attitude, intelligence, etc.) which exist at the workplace
3. To equip the participants with effective self-awareness and self-regulation techniques.
4. To establish linkages between the practice and science of psychology applied to work life
5. Explore strategies to manage workplace stress and work life balance.
6. Explore techniques of motivation at the workplace to increase efficiency and productivity

## LEARNING METHODS:

- Virtual Classroom conceptual sessions, Video-based learning
- Taking relevant Psychometric Tests
- Experiential Learning
- A specially designed manual by TVRLS for use in the workshop and as a takeaway for the participants
- Books and reading materials

## THIS PROGRAM HAS BEEN SPECIALLY DESIGNED FOR

- Managers from different fields (especially HR managers), business professionals, Entrepreneurs, Leaders, Government employees, Consultants, Volunteers working in NGOs.
- Participants who are from a non-Psychology background and are curious to learn about human behavior and how to understand and deal with different people will benefit from this program.

## WORKSHOP ON

# PSYCHOLOGY APPLIED TO WORK LIFE

## VIRTUAL CLASSROOM DATES

OCTOBER 16, 17, 23, 24

### Timings for the Virtual Classrooms

Fridays 05:00 pm to 08:00 pm (3 hours)

Saturdays 09:00 am to 1:00 pm (4 hours)

## The Power to Manage Onself and Manage Others at the workplace

How can I get to know myself better?

Why do people do what they do?

How do I improve the effectiveness of my team?

How do I manage my stress?

What motivational techniques can one use to increase  
effectiveness of employees at the workplace?

Empathy, emotional intelligence, self-management, etc. are key ingredients required for any successful Manager or Leader. This program equips you to recognise and hone these valuable qualities and also to become a catalyst of change at your workplace.

### **TO JOIN THIS PROGRAM, PLEASE REACH OUT TO:**

Mobile: 7259282395, 9747377203 or 7907125342

E mail: [programs@tvrao.com](mailto:programs@tvrao.com)

[www.tvrls.com](http://www.tvrls.com)

## PROGRAM STRUCTURE

4 modules covered across four virtual classrooms

1. Introduction and History of Psychology
  - Different areas of Psychology
  - Psychology applied to work life
2. Personality and Intelligence
  - Understanding Self
  - Approaches to understanding Personality
  - Intelligence and its types
  - Growing importance of Emotional Intelligence
3. Motivation
  - Importance of Intrinsic Motivation
  - Drivers of motivation
  - Behavior Modification and Attitudes
  - Motivation and Creative Thinking
4. Stress Management at the workplace
  - Coping with stress at an Individual level
  - Strategies for Stress Management
  - Work from Home related stress

## INVESTMENTS

- Rs.20,000 per participant (Non-residential) + GST 18% or as applicable. This includes all course materials and the virtual classroom sessions.
- The fees can be paid either through a NEFT transfer, Demand Draft or cheque drawn in favor of T.V. Rao Learning Systems Pvt. Ltd. payable at Bangalore
- The course fee for International participants is US\$ 400