

## ABOUT THE WORKSHOP

Each one of us is a treasure trove of Talent. However, much of this talent is hidden. The hustle and bustle of our daily work life provides us with little or virtually no time to connect with this hidden talent. It requires conscious effort by each one of us to dig deeper and unravel the capability and possibilities that each of us have been born with. The (Self Discovery)<sup>8</sup> workshop provides a focused opportunity to delve deeper into ourselves through a series of Psychometric Tests.

As we reconnect with 'who we are', we can explore strategies to become what we are capable of by leveraging this hidden potential as we move forward.

This program largely focuses on self-assessments using behavioral science frameworks that have evolved over the last eight decades across the globe.

## PROGRAM OBJECTIVES

- To help you gain insights into '8' critical dimensions of your personality that have a huge impact on your professional and personal life
  - Your current level as indicated by 8 psychometric tests and the resulting implications for work effectiveness and personal growth
- Explore ways to use the outcomes of the 8 psychometric tests for effective self-management and decision making thereby helping you to enhance your effectiveness in the future

The course is based on the belief that certain competencies (attitudes, motives, values and qualities) are desirable for achieving success in the work life. It also draws upon considerable research evidence that supports this belief.

# (SELF DISCOVERY)<sup>8</sup>

## A WORKSHOP BY TVRLS

### 4 VIRTUAL CLASSROOM SESSIONS

December 3, 4, 10, 11

Wednesday and Thursday

### Timings for the Virtual Classrooms

5.00-7:30 PM (2.5 hours)

### DO YOU KNOW

What really motivates you?

How much of an explorer are you?

Do you believe that you are in charge of what happens to you or that other factors beyond you are more powerful?

How do you view your work and your current role?

Discover the answers to all these questions through our 4-session workshop aimed at helping you discover your talent and use this discovery to not only manage yourself and your life but also make more conscious decisions in the future.

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

Contact Détails : Mobile-9741814473

Land Line : (080) 26494919

E-mail : [programs@tvr Rao.com](mailto:programs@tvr Rao.com)

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

## PROGRAM CONTENT

The workshop will have 4 virtual sessions covering the following modules:

1. Understanding your effectiveness quotient through the Personal Effectiveness Scale (Exploratory Orientation, Self-Disclosure, Receptivity to feedback and Sensitivity)
2. Role Efficacy
3. Motivational Profile-Identify the key motivators like Achievement, Power, Relationships, etc.
4. Your Attribution Tendencies-Level of internality and externality
5. Values in Work-What are the different aspects that we associate with work and what of them do we really value
6. Interpersonal Trust and Trustworthiness
7. Leadership Styles
8. Creativity

## WHO WILL BENEFIT MOST FROM THE WORKSHOP?

- Executives, first-time managers and practicing managers
- Participants who wish to explore and discover more about themselves
- Professionals working in NGOs and teachers

## POST-PROGRAM ADDITIONAL SUPPORT

On completion of the program, TVRLS will be happy to provide Personal coaching to further work on any of the 8 dimensions. Interested participants can avail of Personal coaching at an additional investment.

## INVESTMENTS

- Rs 16,000 per participant (Virtual Classroom) + GST 18% or as applicable.
- 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\$ 300