

Training Workshop for Counsellors (Admissions Team) “Treading towards Professional Excellence”

**21-22 February, 2024
J2 Auditorium, AUUP**

Amity Business School conducted a two days Training Workshop for Counsellors of Admission Department of Amity University Uttar Pradesh on 21st and 22nd February, 2024. A total of 25 Counsellors participated and engaged themselves in the Training Workshop. A team of five Faculty Trainers conducted various sessions on themes as per details given below:

DAY 1- Feb. 21, 2024 (Wednesday)

Sl No	Name of the Faculty	Designation	Time of Training	Topic of the Training
1	Dr. Harminder Kaur Gujral	Professor	1:30- 2:00 pm	Program Overview and Setting Expectations
			2:00- 3:15 pm	Empowering through NLP
2	Dr. Jaideep Kaur	Associate Professor	3:15 – 4:30 pm	Handling difficult Situations & People
3	Dr. Jaya Yadav	Professor	4:30- 5:00 pm	Goal Setting- I

DAY 2- Feb. 22, 2024 (Thursday)

4	Dr. Shikha Mishra		1:30- 2:45 pm	Managing Change for Success
5	Dr. Puja Sareen	Professor	2:45- 4:00 pm	Transactional Analysis: Key to Strengthen Relationships
6	Dr. Jaya Yadav	Professor	4:00 – 4:30 pm	Goal Setting-II
			4:30- 5:00 pm	Feedback & Way Forward

Dr. Harminder Kaur Gujral set the context of the workshop through a brief Program Overview on during day 1 and engaged the participants in the discussions on ‘Neuro Linguistic Programming’ and how it can be used to empower oneself in various areas of life. The session on ‘Handling difficult Situations and People’ by Dr. Jaideep Kaur involved discussions and strategies to deal with challenging and unfavourable situations and people in professional life. Dr. Jaya Yadav discussed the importance of ‘Goal setting’ in life for enhanced effectiveness both at workplace and in personal life. Participants were briefed to write their Action Plans based on each session in the two days workshop.

During the session on day 2, Dr. Shikha Mishra discussed the bottlenecks and reasons for resistance to Change in her session on ‘Managing Change for Success’. Various strategies to adapt and respond to changes in one’s life were discussed. Dr. Puja Sareen briefed the participants on the concept of ‘Transactional Analysis’ and how the understanding of Ego States and Life positions can strengthen communication and interpersonal relationships. Dr. Jaya Yadav facilitated the development of ‘Action Plans’ of participants in the session on Goal Setting. The overall approach of the workshop was outcome based so that participants develop at least 3-4 Action Plans based on various sessions of the Workshop.

Overall, the experience was full of positivity and knowledge enhancement. The workshop received a positive and encouraging response from participants.

Glimpses

