

# MANAGEMENT DEVELOPMENT PROGRAM ON *WORK LIFE BALANCE*

*GET FREEDOM FROM STRESS & ENJOY A STREAMLINED LIFE*

*19<sup>th</sup> September 2014 at Conference Room, BVIMR, New Delhi*



*The career clock and the biological clock are in total conflict, so the need for a work life balance approach needed.* Increasing dual career couples, decreasing joint families, aspirations of a better lifestyle, ambitions to raise successful kids make our lives quite stressful. Balancing relationships, professional responsibilities, financial concerns, and emotional issues drains our physical and mental energies. Women professionals find it difficult to fulfill demands of the family and society and at the same time do justice to the demands of their profession at workplace. Male professionals with working spouses find it difficult to adapt to the new roles they are expected to play to support their spouses in otherwise thought of female tasks. This issue becomes even more pertinent in a country like India where most of the familial roles are gender stereotypes. Research suggests that professionals are experiencing a time squeeze, and demographics suggest that this is not going to go away.

Work-life balance is about people having a measure of control over when, where and how they work. It is achieved when an individual's right to a fulfilled life inside and outside paid work is accepted and respected as the norm, to the mutual benefit of the individual, business and society. Making choices and defining healthy boundaries can be a challenge, but it is essential to maintaining personal and professional equilibrium.

With this practical, experiential MDP participants shall learn to properly prioritize between "work" (career and ambition) and "lifestyle" (health, pleasure, leisure, family and spiritual development) and move "From Stress to Streamlined Life". This practical and innovative program presents a totally fresh approach to balancing personal and professional life and empowers the participants to lead a simplified and reorganized life in which they feel under control.

## **OBJECTIVES**

- Helping the participants analyze the antecedents and consequences of work-life conflict
- Enabling participants to differentiate work and life goals and prioritize goals
- Assisting the participants understand in managing professional and personal life
- Enhancing self-awareness to maintain a healthy work-life balance
- Developing strategies to integrate work into overall life tasks & issues effectively.

## **CONTENTS**

- Work and Life Conflict - Causes
- Assessing work-life conflict
- Self Awareness

- Managing stress and setting priorities
- Strategies for Work-Life Balance

## **METHODOLOGY**

Training will be delivered through the use of interactive methods. These will include –

- Self-assessment inventories and psychometric tests
- Case studies
- Group discussion
- Role play

## **WHO SHOULD ATTEND**

The programme is highly suitable for Women Executives of Public Sector, Private Sector, MNCs, banks, financial institutions, Government Departments and other organizations/institutions.

Male participants are encouraged to attend the workshop as research has shown that men also face the challenges of work life if not equally then in lesser proportions than women.

## **PARTICIPATION FEE**

**Corporate: Rs.2500/-**

**Academia: Rs.2000/-**

Group of 3 members from same organization can avail a discount of 10%. Cheque/DD to be drawn in favour of Director, BVIMR payable at New Delhi along with duly filled registration form, should reach us by 10<sup>th</sup> September 2014.

## **ABOUT THE TRAINER**

*Dr. Meenakshi Gandhi* has 15 years of experience conducting workshops, training programs and consultancy for middle level and senior level managers on various aspects of enhancing managerial effectiveness, balancing work and life, personality enhancement, customer relations management among others and has helped professionals develop sustainable positive change and transformation to achieve goals.. As a trainer, and management consultant to various organizations like NTPC, CRIS, ING, SBI ETC., she is passionately committed to deliver personal and professional development programs that empower the participants to attain their next level of success, fulfillment and self-mastery.

## **ABOUT THE ORGANISATION**

Bharati Vidyapeeth University Institute of Management & Research (BVIMR), New Delhi enjoys the reputation of being one of the Institutes imparting quality education in Management and Information Technology. As a major constituent Unit of Bharati Vidyapeeth Pune (with 182 Institutions), founded by Hon.ble Dr. Patangraoji Kadam in 1964, the Institute has carved its niche with the vision Leadership in Professional Education through Innovation and Excellence. The Institute is ISO 9001:2008 certified, and is under the ambit of Bharati Vidyapeeth University (BVU), Pune approved by Government of India on the recommendation of UGC under Section 3 of UGC Act vide its letter notification No.F.9.16/2004 U3 dated 25<sup>th</sup> February, 2005. The institute has been ranked by **Dalal Street among top 100 Business School in India, 2<sup>nd</sup> Best B-School in Delhi by Business and Management Chronicle, 7<sup>th</sup> in North India by Business Sphere. The institute offers various programs in executive education, is an ISO 9001:2008 Certified Institute and a NAAC Accredited Grade “A” University.**



## REGISTRATION FORM

### MANAGEMENT DEVELOPMENT PROGRAM ON

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1. Name: .....

2. Designation: .....

3. Organisation: .....

4. Address for Correspondence: .....

5. Contact Nos. (office):..... Mobile No. :.....

6. Email: .....

7. Payment Details: We hereby enclose a demand draft/cheque of Rs. 2500/ Rs. 2000

Cheque/ Draft No. .... Dated .....

Bank Name: ..... Branch:.....

In favor of "Director, BVIMR" payable at New Delhi.

Signature of the Participant

Date:

In case of any query please feel free to contact Dr. Meenakshi Gandhi at 9811507303 or Dr. R. K. Sharma at 9716502992 or email at [mdp bvimr@gmail.com](mailto:mdp bvimr@gmail.com)

**Bharati Vidyapeeth University, Institute of Management & Research, New Delhi**

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