

Capacity Building Workshops for Teachers

**Prog. 1 Interpersonal Skills Workshop –
Through Self-Disclosure & Feedback**

Saturday, 2nd Sept. 2017 - 9.30 a.m. to 12.30 p.m.

Objectives: To gain deeper insights into the self & identity; to self-reflect & identify areas of self-development & receive insights from others too; to foster personal growth & learning about intra & interpersonal relationships.

Content: Friendship Relationship questionnaire; Discussions and applications of learning's; Drawing action initiatives from learning about self and others; Johari window application and Self-growth.

**Prog. 2 The Eye of the Beholder
(Workshop on Perception and Communication)**

Saturday, 9th Sept. 2017 - 9.30 a.m. to 12.30 p.m.

Objectives: To identify the mental filters and constraints that influence perception and communication of the self and others; To de-mystify perceptual distortions and free oneself for our past barriers; To discover newer meanings of relatedness with self, colleagues and the system.

Content: Audio-Visual followed by discussion; Personal meanings and its implications; Principle of perception; Strategies to improve communication; Sharing and action plans

Prog. 3 Time Management and Scheduling

Saturday, 23rd Sept. 2017 - 9.30 a.m. to 12.30 p.m.

Objectives: To understand the concept of time and its impact on personal and professional effectiveness; to learn to organize and manage time proactively; to reduce and eliminate time wasters.

Content: Understanding the time matrix; Personal strategies to enhance time management; Scheduling and Planning Mechanisms; Business game to discover patterns & priorities.

Prog. 4 Emotional Intelligence

Saturday, 7th Oct. 2017 - 9.30 a.m. to 12.30 p.m.

Objectives: To map EQ and provide insights to increase EQ understanding 'Emotional Labor' to apply the understanding of EQ to relationship enhancement; to strike a balance between personal & professional roles.

Content: EQ inventory and difference between IQ & EQ; Components of EQ and building blocks of EQ; Dealing with anger & frustration proactively.

Prog. 5 Teacher as Counsellor

Saturday, 28th Oct. 2017 - 9.30 a.m. to 12.30 p.m.

Objectives: To develop and equip teachers with the mechanism of understanding and facilitating change in student; to enhance the psychological mindedness and listening to teachers to the needs and developmental requirements in students.

Content: Painting the context of student difficulties; Techniques and stages of Counselling; balancing task and student orientation to maximize effectiveness.

Prog. 6 Team Building at School

Saturday, 4th Nov. 2017 - 9.30 a.m. to 12.30 p.m.

Objectives : To understand the significance of team building in the teaching profession; To provide insights into building sound and self-directed on teams; To understand individual strengths in team membership & to provide new learning towards building healthy teams

Content: Differences between group & team membership; Team formation and development; Interpersonal dynamics and group membership; Designing and building self-directed teams; Team building game & discussion.

Prog. 7 25 Creative Ways of Teaching

Saturday, 18th Nov. 2017 - 9.30 a.m. to 12.30 p.m.

Objectives: To learn the art of effective teaching and learning; by setting challenging activities so students apply and check their learning based on Jeof Petty’s PAR Model.

Contents: 25 ways of teaching along with list of active learning strategies for presenting students with new material. Preparing resources such as handout or set of cards to enhance teaching.

Fee : Rs.700/- per person per programme including GST. Followed by Lunch.

Faculty : **Dr. Nimrat Singh** (Ph.D) Psychology, has 20 years of experience in counselling, training and consulting with schools, design, travel and business management institutes. She has played a significant and pioneering role in formalizing the field of counselling and career guidance in Gujarat. She cofounded the city’s first counselling centre in 1996. She runs Tangram – Tracking the Human Mind since 2003.

Note: Since all the workshops are inter-related and build on the concepts cumulatively, attending all the workshops sequentially is desirable.

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REGISTRATION FORM: Please fill-in and return this form to:

Ahmedabad Management Association

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Android Mobile App: AMA-Ahmedabad amaIndia.org

Cheque should be drawn in favour of **“Ahmedabad Management Association”**.

Name(s)	Workshop No.
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2.	
3.	
Address:	

Telephone(s):	Mobile :
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E-mail: