



DEPARTMENT OF BUSINESS ADMINISTRATION

ST. JOSEPH'S COLLEGE (AUTONOMOUS), TIRUCHIRAPALLI

Accredited A++ Grade (4th cycle) by NAAC
Special Heritage Status Awarded by UGC
College with Potential for Excellence by UGC
DBT-STAR & DST-FIST Sponsored College

Organizes a five day

Capacity Building & Leadership Skill Training workshop

on

Personal and Social Excellence



1.7.24 to 5.7.24



2.00 PM - 4.30PM

Venue : AV Hall

Program Schedule

- Day 1 : The Mechanisms of Resilience
- Day 2 : Navigating Emotions with Flexibility
- Day 3 : Leveraging Personal Strengths
- Day 4 : Mindful Self-Regulation
- Day 5 : Enhancing Communication through Active Listening

Resource Person

Dr. Anne Rosario

Positive psychology educator & Coach

Head of the Department

Mrs. C. F. Octovia Antony Sessammal

Program Co-Ordinators

Dr. S. Clemence Jenifer, Association President

Mrs. C. Annie Jane, Association Vice-President