

## THE JOURNEY TO SELF DISCOVERY-WORKSHOP

1. **Synopsis:** Not many of us are aware that we live in two worlds at the same time. There is an outer world that comes to us through the newspapers, television, radio and cinema; but there is also an *inner world of thoughts, feelings, beliefs and values* that is constantly influencing our perception and consequently the way we view the world. The point to be made in this workshop is that when a problem arises, we generally tend to perceive it in terms of a solution outside of us whereas in reality, the understanding of it and its solution lies inside of us i.e. the **Power** lies within.
2. **Objectives:**
  - a. the complexity of the human being
  - b. the root/s as well as solution/s to all our problems lie inside of us
  - c. the KEY to change is ultimately in OUR hands
3. **Course Contents:** To take participants on a guided journey thru' the following areas of one's personality:
  - a. Introduction
  - b. Behavior
  - c. Feelings
  - d. Perception
  - d. Beliefs
  - e. Values
  - f. Expectations
  - g. Self-Image
4. **Methodology:** Experiential by means of structured experiences, questionnaires, group discussions, lecturettes
5. **For Whom:** HR Professionals and those in the Service / Helping Professions  
Open also to Senior College Students in BMS and BMM.
6. **Duration:** 8 sessions spread out over 2 days i.e. May 3<sup>rd</sup> and 4<sup>th</sup>, 2014  
From 9.30 am – 5.00 pm daily with suitable breaks in between to meet comfort needs.
7. **Venue:** Xavier Institute of Communications, St. Xavier's College.
8. **Tuition:** Rs.4,000.00 (incl. of Service Tax of 12.36% and course material)
9. **Last Date:** Participants need to register and pay their fees by Thursday, April 24<sup>th</sup>, 2014
9. **Workshop Director:** Fr. Gordon Daniells, SJ  
pgd pm (xlri), ms hrm (usa)  
Head, Corporate Training,  
Xavier Institute of Communications

N.B. To get the most from this one day workshop, participants:

- a) Participants need to attend all the sessions as these are sequential and also be punctual else they are likely to find themselves being left out of an exercise if they come late.
- b) Be prepared to participate actively
- c) Switch off all cell phone during the sessions.
- d) Participants need to attend all 8 to qualify for a Certificate for this course.