

Date:
24.04.2022

Venue:
CPCL

Faculty
Indumathi Umesh

Content:

Training Topics:

Part 1 – Understanding Self

- Uniqueness of our self – Social Styles
- SWOT Analysis /Johari Window

Part 2 – Enhancing Self-Esteem and Self-Confidence

- Locus of Control
- Perception and its role in Self Efficacy
- Self-Image, Self-Belief, Self Confidence

Part 3 – Ways to Motivate Oneself

- Focus
- Hard Work
- Character
- Give more than what you get
- Pride of performance

Part 4 – The impact of Motivation and Morale - Success

- Characteristics Essential to Achieving Success
- The Power of Positive Attitude
- Importance of Commitment
- Power of Persistence

www.meruconsulting.in

Training Program on **Motivation and Morale**



Date:
27.04.2022

Venue:
CPCL/RESOT

Faculty
Sai Lakshmi.
Dr Catherine

Content:

Training Topics:
What is Stress?

- Types of Stress/ Symptoms of work stress
- Causes of Harmful Work Stress
- Personality and Stress Questionnaire
- The Power of Perception/ Reaction to Stress

Planning & Prioritizing

- Getting Organised
- Creating a To-Do list
- Activity Logs
- Analyzing Your Time Log
- Managing Distractions effectively
- Identifying time robbers and putting specific action plan to overcome
- Prioritizing activities and tasks – Daily – Weekly – Monthly
- Creating the Action Plan

www.meruc consulting.in

Training Program on **Stress Management**



Date:
07.06.2022

Venue:
CPCL/RESOT

Faculty
Dr Uma Bhaskar

Training Program on **Organizational Values, Ethics and Integrity**



Programme Contents:

Session 1: Organizational values

What are Values?

Types of Corporate stewardship values

Benefits of organization values

Session 2: Integrity

What is Integrity?

Examples of Integrity

Why is Integrity Important

Session 3 - Ethics

What is Ethics?

Why Is Business Ethics

Important?

What Are the Types of Business Ethics?

Ethical Behavior in the Workplace

Examples of Unethical Behavior in the Workplace



Date:
14.06.2022

Venue:
CPCL

Faculty
Abi Shankari

Contents:

Training Topics:

- What is Stress?
- Types of Stress/ Symptoms of work stress
- Causes of Harmful Work Stress
- Personality and Stress Questionnaire
- The Power of Perception/ Reaction to Stress
- Planning & Prioritizing
- Getting Organised
- Creating a To-Do list
- Activity Logs
- Analyzing Your Time Log
- Managing Distractions effectively
- Identifying time robbers and putting specific action plan to overcome
- Prioritizing activities and tasks – Daily – Weekly – Monthly
- Creating the Action Plan

Training Program on **Stress Management** for CISF – B1



Date:
27.06.2022

Venue:
CPCL

Faculty
Abi Shankari

Training Program on **Stress Management** for CISF - B2



Training Topics:

What is Stress?

- Types of Stress/ Symptoms of work stress
- Causes of Harmful Work Stress
- Personality and Stress Questionnaire
- The Power of Perception/ Reaction to Stress

Planning & Prioritizing

- Getting Organised
- Creating a To-Do list
- Activity Logs
- Analyzing Your Time Log
- Managing Distractions effectively
- Identifying time robbers and putting specific action plan to overcome
- Prioritizing activities and tasks –
 - Daily – Weekly – Monthly
 - Creating the Action Plan

Date:
02.08.2022

Venue:
CPCL

Faculty
Abi Shankari

Training Program on **Stress Management** for CISF – B3



Training Topics:

What is Stress?

- Types of Stress/ Symptoms of work stress
- Causes of Harmful Work Stress
- Personality and Stress Questionnaire
- The Power of Perception/ Reaction to Stress

Planning & Prioritizing

- Getting Organised
- Creating a To-Do list
- Activity Logs
- Analyzing Your Time Log
- Managing Distractions effectively
- Identifying time robbers and putting specific action plan to overcome
- Prioritizing activities and tasks –
 - Daily – Weekly – Monthly
 - Creating the Action Plan



Date:
08.08.2022

Venue:
CPCL

Faculty
Abi Shankari

Training Program on **Stress Management** for CISF – B4



Training Topics:

What is Stress?

- Types of Stress/ Symptoms of work stress
- Causes of Harmful Work Stress
- Personality and Stress Questionnaire
- The Power of Perception/ Reaction to Stress

Planning & Prioritizing

- Getting Organised
- Creating a To-Do list
- Activity Logs
- Analyzing Your Time Log
- Managing Distractions effectively
- Identifying time robbers and putting specific action plan to overcome
- Prioritizing activities and tasks –
 - Daily – Weekly – Monthly
 - Creating the Action Plan

Date:
04.08.2022

Venue:
Cochin Shipyard

Faculty
Abi Shankari

Training Program on **Personality Development B1**



Training Topics:

- What is Personality?
 - Types and Characteristics of Personality
 - Showing Self-Confidence
 - Never Give-Up
- The Power of Positive Attitude
- Ways to develop a positive attitude:
 - Employ the 'Flip Side' technique.
 - Play your winners
 - Simplify! Simplify
 - Clarify your mission
- Importance of Commitment
- Power of Persistence
- Ways to Motivate Oneself:
 - Focus
 - Hard Work
 - Positive believing
 - Character
 - Give more than what you get
 - Pride of performance
 - Passion
 - Strategy



Date:
05.08.2022

Venue:
Cochin Shipyard

Faculty
Abi Shankari

Training Program on **Personality Development B2**



Training Topics:

- What is Personality?
 - Types and Characteristics of Personality
 - Showing Self-Confidence
 - Never Give-Up
- The Power of Positive Attitude
- Ways to develop a positive attitude:
 - Employ the 'Flip Side' technique.
 - Play your winners
 - Simplify! Simplify
 - Clarify your mission
- Importance of Commitment
- Power of Persistence
- Ways to Motivate Oneself:
 - Focus
 - Hard Work
 - Positive believing
 - Character
 - Give more than what you get
 - Pride of performance
 - Passion
 - Strategy