

Management Development Program
on
**“Mindfulness for Self-Mastery and
Organizational Excellence”**

September 17-18, 2020



Program Director: Prof. J.P. Upadhyay


INTERNATIONAL MANAGEMENT INSTITUTE
NEW DELHI
— Shaping global leaders for tomorrow —

INTRODUCTION

Organizations today operate in a highly complex and volatile global environment. Digitization and disruptions in the business and industrial landscape is increasing the pace of change and uncertainty. In response organizations are endeavoring to become more agile and adaptable. Workplace challenges and information overload of the digital age has reduced the attention span of executives and increased their anxiety and stress level. It is in this context that individuals and business are increasingly resorting to "Mindfulness", a centuries-old solution to connect with their authentic self to enhance their awareness and attention to unlock their creativity and potential.

Most admired organizations and great places to work are cultivating Mindfulness to foster innovation and enhances employee well-being and productivity. Mindfulness makes one focused on task at hand, recharge quickly and helps in letting go one's self-limiting beliefs. It results in reduced sick days and increased engagement and creativity amongst employee. Management experts and business leaders are of the view that mindfulness will increasingly become a paradigm for survival and success for individuals and organizations in the current and emerging business landscape.

OBJECTIVES

The two-day experiential program has been designed to inculcate the art and practice of mindfulness amongst the participants to shift their perception and action and set the stage for positive change in organizational culture. Specifically, the program will help participants to:

- Improve their focus and deepen their self-awareness
- Enhance their span of attention and shift their reactive and reflexive mindset to enable them to observe the reality as it exists and take considered decisions
- Unleash creativity and unlock potential
- Reduce anxiety and stress and enhance their personal well-being
- Create high performing synergetic teams
- Resolving conflicts and nurturing meaningful relationships

CONTENTS

- Understanding the role of awareness and attention in enhancing performance and productivity at workplace
- Theory and conceptual constructs underpinning mindfulness
- Mindfulness within the traditions
- Neuro-science findings on mindfulness
- Managing one's mind for achieving mindfulness
- Meditation practice and mindfulness
- Active listening for effective and impactful communication

METHODOLOGY

The program will be highly interactive and experiential and provide enough opportunity to practice actionable tools. At the end of the program participants will be provided with individual feedback and they will create their action plans to take away their learnings from the program.

WHO MAY ATTEND

Mid-level and senior managers from all functional areas of medium to large-scale organizations who are earmarked as potential leaders, would gain much from this program.

FACULTY AND RESOURCE PERSONS

IMI faculty members and eminent resource persons will share expertise and experience in the various sessions.

PROGRAM DIRECTOR

Prof. Jai Prakash Upadhyay

Prof. Upadhyay has more than 30 years of experience in varied organizations in India and abroad. During his long career Dr Upadhyay has managed large public delivery systems as EPF Commissioner and international civil servant in UNDP and IDLO, taught in B-Schools, consulted for organization at national and international levels, headed learning and development functions in India and abroad and conducted numerous MDPs in the areas of HRD, leadership development and workshops for trainers and facilitators.

Prior to joining IMI, Dr Upadhyay was a Professor in SP Jain Institute of Management & Research, Mumbai where he taught courses in OB & HR and headed the MDP vertical of the institute. Earlier he worked as Director, Jaipuria Institute of Management, Indore and Senior Professor & Program Director of Executive Education in FORE School of Management and taught in IMT Ghaziabad and Western International University as a visiting faculty.

He has also worked as an international staff member of the United Nations in the capacity of Institutional Development Advisor and Learning Manager in UNDP and Institutional Development Manager in IDLO. He has widely consulted with UNDP and the International Organization of Migration (IOM), as expert in the areas of Leadership, Learning & Development, and Performance Management.

Dr. Upadhyay is a certified coach in "Brain based Coaching". Besides he is also a certified trainer in Training Needs Assessment, Design of Training, Direct Training Skills, Mentoring, Management of Training and Evaluation of Training from Thames Valley University UK, ITC, ILO, Turin, Italy and AIT, Bangkok. He is also certified in designing and implementing Balanced Scorecard from 2GC, Australia. He has attended national and international seminars and conferences and published papers in referred journals. He is on the panel of examiners of doctoral thesis of reputed universities.

His research interest is in the domain of PMS, Learning & Development, Leadership Development and Managing Change.

ADMINISTRATIVE DETAILS

Dates:

September 17-18, 2020

Venue:

Hotel / Resort

FEE

Residential: Rs. 35,000/- per participant (plus @ 18% GST) covering professional fee, program kit and boarding and lodging (air-conditioned single room) at IMI Campus, New Delhi from noon of **September 16, 2020 till noon of September 19, 2020.**

Group Discounts

- 10% discount on fee amount is available in case an organization nominates 2 or more participants to the program.
- 20% discount on fee amount is available in case an organization nominates 4 or more participants to the program.

Fee is payable in advance by way of local cheque/DD in favor of "**International Management Institute**" payable at New Delhi or through direct electronic fund transfer to IMI Bank Account, as per following details:

Allahabad Bank Account Number: 50123177738
MICR Code: 110010007, IFSC Code: ALLA0211083
Pan No. AAAT10972K; GST No. 07AAATI0972K1ZJ

Please mention the program name while making payment through electronic fund transfer.

REGISTRATION

The registration form duly filled in along with the program fee should reach us at least 7 days before the commencement date of the program. **In case of subsequent withdrawal or cancellation of registration no refund of fee will be allowed.** However, substitute(s) may be permitted with prior intimation.

CERTIFICATE OF PARTICIPATION

A certificate of successful participation by International Management Institute (IMI) will be issued to each delegate at the culmination of the program.

ABOUT IMI

International Management Institute (IMI) is India's first corporate sponsored Business School founded in 1981 with the original campus in New Delhi. The corporate sponsors included RPG Enterprises (lead sponsor), ITC, Nestle, Tata Chemicals, British Oxygen, SAIL, and Williamson Magor. It was set up in collaboration with the then IMI Geneva, now IMD Lausanne. Subsequently two other campuses were set up in Kolkata (2010) and Bhubaneswar (2011). In the last several years, IMI New Delhi has been consistently ranked in the top 10-15 Business Schools in the country and among the top 5 private Business Schools. It is accredited by the UK based Association of MBAs (AMBA), one of the top three international accreditation bodies for Business Schools globally.

IMI New Delhi has global linkages with leading schools in Europe, North America, and Asia. The Institute currently offers the PGDM, PGDM-HRM, PGDM-Banking & Financial Services, Executive PGDM and FPM (doctoral program). In addition, it has built a vibrant Executive Education vertical offering training to management professionals from the corporate world. The Institute has been empaneled by the Government of India to train participants from developing countries under the International Technical & Economic Corporation (ITEC) program of the Ministry of External Affairs.

IMI New Delhi puts a strong focus on high quality research by its faculty leading to publications in international peer reviewed academic journals. Its faculty have PhDs from top international and national universities/institutes, with many of them also having significant corporate experience.

For registration/any other information, please contact:

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