

MANAGEMENT DEVELOPMENT PROGRAM (MDP)

on

BUILDING POSITIVE TRAITS

Organised by
CENTER FOR TRAINING & DEVELOPMENT, JAMIA HAMDARD

About MDP for Building Positive Traits:

Are you confident today? Are you able to bounce back in times of adversities? Are you optimistic or pessimistic? In a nutshell, Are you the HERO of your life? If not start to be. For a successful existence you need to master the skill of being hopeful, efficacy, resilience and optimism. The fear of unknown or the uncertainties about the future have escalated the amount of stress, anxiety and panic among one and all in varying degrees. In order to cope, it is required to focus on the positive capacities of the individuals and groups. Individuals all around the globe are searching, developing, and understanding the need of building positive traits to thrive in all types of situations. To build such positive capacities, it is important for an individual to be hopeful, efficacious, resilient, and optimistic.

Benefits of the Programme :

This MDP will help individuals to live more productive and meaningful life. In addition, it will lead to a full realization of the potential that exist in them Moreover, this programme will help the participants to learn the most important life skills that are required in all walks of life irrespective of ages.

Why you should attend:

This MDP is especially designed for all those individuals who are aspiring to do wanders in life but get stuck due to intrinsic and extrinsic factors. This platform of interaction will help reduce anxiousness, fear, insecurities which will give them direction and momentum. The expected outcome of the programme is improvement in the levels of individuals hope, efficacy, resilience, and optimism

Major Course Content:

- Introduction to Pshychological Capital
- Strategies to foster Hope
- Tactics to build Confidence
- Ways to adopt Resilience Trait
- Process of Nurturing Efficacy
- Enhancing Optimism

Duration: 3 days

Fee: INR. 1000 per participant

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