



NIRANTAR - a space for lifelong learning

***Centre for Lifelong Learning
invites you to a workshop
on***

“Goal Setting - 2019”

by

Ms. Shamim Suryavanshi

Date : 19th January, 2019 Time : 10.00 am to 5.00 pm

Venue : Room no. NC 1, Naoroji Campus, TISS

***(Please contact Ms. Veena Shinde contact no. 022 25525682, email : -
veena.shinde@tiss.edu)***

Fee waived for faculty, Staff. Project Staff and current students of TISS [Masters, Doctoral, Diploma, Certificate students]

Fees for Participants : Rs. 800/- + 18% GST i.e. Rs. 944/- only

Who should attend?

- Hold a Bachelor's degree
- Individuals who wish to plan their 2019 such that they achieve what they truly desire.
- Small and medium business heads, organizational leaders, HR personnels who wish to learn and conduct goal setting exercise with their teams.

Bank link for the payment of Fees/Wire Transfer:

https://support.tiss.edu/conf_regi_form/

Last date for receiving the Application: **17.1.2019**

Prior confirmation required as number of seats are limited

What is the workshop about?

The turning of the year is the perfect time to reflect and envision. By thinking back to what one has done and then thinking ahead to the future, one can gift themselves the ideal beginning of the year gift: clarity. When one clearly knows what he/she wants, where he/she is headed and the next steps for getting there, it automatically translates into being much more confident. Confidence rooted in clarity leads to purposeful action.

The workshop on Goal Setting for 2019 will be designed to help the participants increase their clarity and confidence as they move on into a new year. Participants will take the time to reflect on their past twelve months and plan their 2019 as they undergo reflective individual and group exercises during the workshop. In the end, they will take away with them the annual planning diagram that they can refer to throughout the year.

Objectives of the programme

1. To gain a better understanding of how to plan and lay down the foundation towards achieving goals
2. To receive tools to assist in completing goals

Methodology:

The workshop will take the participants through a reflective process guided by a participatory structure among a small group of individuals. Group Coaching technique will be used enabling participants to experience active learning,

experiential exercises, and reflective listening to achieve outcomes. The workshop will incorporate a format that will bring the participants together to reflect and prepare to act on problems and issues facing them and to learn about themselves in the process.

Brief Profile of the Facilitator:



Shamim Suryavanshi has acquired her Executive Diploma in Corporate Coaching with a distinction from The University of Hong Kong's School of Professional and Continuing Education (HKUSPACE), Hong Kong in 2015. Ever since then she has been practicing Coaching and continues to engage in intensive training and development. Shamim has been actively involved with associations such as the Hong Kong International Coaching Community (HKICC) and Association of Mumbai Coaches (AMC). Her understanding of psychology, learning, leadership & personal development enables her to work with men and women across professional, cultural and national backgrounds. Her experience of having worked in different organizational set ups coupled with her journey of growth and development as a professional further helps her strike instant rapport with her clients. With her almost 20 years of experience in the field of Education, Shamim further specializes in education management and whole school development. Currently, she is awaiting the evaluation of her doctoral thesis on teacher education. Having lived in world's two mega cities- Hong Kong & Mumbai- further adds to Shamim's repertoire of skills as well as understanding of cultures and human potential.