

5-DAY WORKSHOP

ON

PERSONAL PRODUCTIVITY

DATE : 2023 NOV 30, DEC 1, 2, 5, 6

VENUE : DDU KAUSHAL KENDRA, CUSAT

WORKSHOP COORDINATOR :

Ms. Smitha Xavier P., Asst Professor, DDUKK, CUSAT

CONTACT FOR MORE INFO :

8547016860

REGISTRATION FEE : ₹3000
PAYMENT METHOD : NETBANKING
DIRECTOR, DDUKK, CUSAT
A/C NO: 00000067351942456
IFSC Code : SBIN0070235
BRANCH : SBI, COCHIN UNIVERSITY OF
SCIENCE AND TECHNOLOGY

WORKSHOP FACILITATORS

30/11/23

**Self Analysis &
Goal Oriented Approach.**



Rajesh T
HR Mentor



01/12/23

**Adaptability &
Cracking the Interview of your dream job**

Vishma Vivek

Cluster Head - Healthcare &
Cybersecurity Recruitment

01/12/23 & 02/12/2023

**Team Roles, Interpersonal Skills,
Team Building, and Team Work**



Ms. Rakhee Vijay Nair
Behavioral & Leadership Coach



02/12/23

**Mindfulness, Emotion Management Skills
& Happiness**

Sajitha Rasheed

Founder and Chief
Mentor, Mind Mojo

05/12/23

**Confidence Building, Resume Building,
and Networking**



Subin Varghese

Entrepreneur
Human Resource Consultant



06/12/23

**Countering Stage Fear, Time Management,
Thinking as a skill, Crisis Management,
Profile Building**

Jerin Jose

Senior Associate Trainer -
Pragamatix Learning