



VIRTUAL TRAINING SESSION



Enabling Working Women to Succeed in New Reality

Thursday, 18th June 2020, 10.30 am to 2.00 pm

For working women professionals from Corporates only

Write to info@marchingsheep.com or Darshana.Barman@ficci.com

Energy Exchange- INR 3000 plus GST per participant

THE CONFLICT BETWEEN 3 INTERNAL IDENTITIES

The Program, designed with the help of an occupational Psychologist, enables participants to identify the three internal identities and how they are in conflict at different personal and professional life stages

DECODE THE DEMAND AND SUPPLY EQUATION

Help participants identify the different roles they play, and decode and categorise the demands arising out of each role, and supplies or resources they need to fulfill these demands.

MARCHING SHEEP MODEL OF STRENGTHENING OUR SUPPLIES FOR NOW AND FUTURE

This is where participants learn the different categories of supplies and how they can increase their ability to deal with the challenges or demands

STRENGTHENING SELF

This sections enables participants to evaluate several aspects of their self reliance, identity and resilience and work towards building internal strength and grit.

MANAGING OUR WORK, TIME AND PRIORITIES

This sections helps participants reflect on questions like- are we doing this for ourselves or others? Does doing this make me happy or successful? Does this make me grow? What can I do about this?

BUILDING MEANINGFUL RELATIONSHIPS- AT HOME AND AT WORK

None of what we do needs to be done alone. Our success hinges on developing, nurturing and leveraging meaningful relationships all around us, with people who contribute to our success.