

PROGRAMME CONTEXT

Covid-19 has changed the way we look at life itself. Managing personal and professional Life has become a challenge for most of us. On one hand increasing work pressures are creating stress at workplace; managing personal life & health are also becoming a source of anxiety & depression on the other.

Balancing every dimension of life is important to maintain good health and increase in employee engagement at workplace.

*This programme has been designed to enable our participants to deep dive and explore the meaning of Work Life Balance. Our endeavor is to create an insight among participants so that they enjoy deeper satisfaction both at work and at home. The day long programme will be highly interactive in nature and will offer many actionable points to strike the 'right balance' both at home and office. The course will unfold the secrets of Work Life Balance. **We believe, "balance is possible and we are meant to be in that state"!!***



 Location- HRDI & ESI COMPLEX,
PLOT NO. 25, SECTOR 16A, NOIDA (UP)

 For queries please contact @
komalgandhi@bhel.in or jyoti@bhel.in

 Registered Office- BHEL HOUSE, SIRIFORT, NEW DELHI
Visit us at- www.bhel.com



LIFE IS BALANCE.
EVERYTHING THAT
YOU SEE AS LIFE,
EVERYTHING THAT YOU
SEE AS YOURSELF
IS BEAUTIFUL ONLY
WHEN IT IS IN BALANCE.



BHEL ANNOUNCES ONLINE TRAINING PROGRAMME ON "THE SECRETS OF WORK LIFE BALANCE"

22nd February 2022 (Tuesday)

LEARNING OUTCOMES

After attending this course, the participants will be able to:

- Understand what is “Work life balance’ and what it is not
- Explore ‘Wheel of life’ and time management techniques
- Get practical tips to enhance Work Life Balance

FEES DETAILS:

- PROGRAMME FEES- Rs1500/- Per Participant plus GST @ 18% for the programme.
- 10 % Discount on Program fee for 3 or more nominations from same organization.
- Participant’s Name and Organization to be mentioned in remarks section of NEFT.
- Programme Fees to be deposited at the details provided after seat confirmation from BHEL.
- Detailed Programme Link shall be provided to participants directly after registration.

**CORPORATE LEARNING & DEVELOPMENT,
BHARAT HEAVY ELECTRICALS LTD. (BHEL)**

COURSE OUTLINE

Module 1:

Explore ‘Balance’ and Signs of Imbalance

Module 2:

Understand ‘Wheel of Life’

Module 3:

Locate self in ‘Urgent-Important Matrix’

Module 4:

Apply power of - Discipline, Delegation & Decision Making – to enhance Work-Life Balance

Every Module will discuss about possible improvement / action pointers.

REGISTER NOW AT BELOW LINK-

https://docs.google.com/forms/d/19tvY2h8s2Nf7mQzi5fWf8tzze9pFUm_VlvGGSDfH_P8/edit



COURSE DETAILS

- DATE OF PROGRAMME: 22nd February 2022
- TIMINGS: 10:00am to 05:00pm (including Lunch/Tea breaks)
- LAST DATE FOR REGISTRATION- 10th February 2022
- LIMITED SEATS ARE AVAILABLE



Amitabh Jha



KNOW YOUR FACULTY



THE SECRETS OF WORK LIFE BALANCE 22nd February 2022 (Tuesday)



Amitabh Jha works with BHARAT HEAVY ELECTRICALS LTD (BHEL) in Corporate Learning & Development as Senior DGM- Learning & Development Strategy. He has 24 years of Industry experience in Strategy, HR, HRD, OB, TQM and has worked with various Cross Functional Teams.

He is a Professional Member of ISABS (Indian Society for Applied Behavioural Science), Accredited Achievement Motivation Trainer, Certified Happiness Coach, Certified Brain Based Coach, Certified Trainer on Emotional Intelligence and Design thinking.

Amitabh has been a faculty resource on various management/behavioral topics for Senior Officers/HODs/Managers/Technocrats/PhD Scholars and Students in different programs at ASCI (Administrative Staff College of India, Hyderabad), Institute of Public Enterprises (IPE, Hyderabad), IIT-Kanpur, IIM-Lucknow, MDI Gurgaon, FORE School of Management etc.

He had his education from Patna University and XLRI, Jamshedpur. A University-Topper, Amitabh's articles have been published in leading National & International Journals. He has presented papers in the National & International Conferences including, a presentation in the 7th International Congress of Stress, Performance & Wellness (December 2020, International Stress Management Association). His sessions are packed with wisdom and practical insights.