

Team Work

Resource Person : Ms. Sonali Misra

Date : 21 September, 2022

Venue : C-003

Resource Person Profile :

Ms. Sonali Misra is a behavioral skills trainer, personal development coach and a career counsellor. She has trained students, faculty and professionals on Behavioral Skills, Interpersonal Skills and Functional skills like time management, stress management, communication, leadership, motivation, adaptability, critical thinking, personal effectiveness, mindfulness and self awareness leading to enhanced productivity and growth in personal and professional lives. She has assessed, conceptualized, designed and executed industry focused employability training for students, comprising of job analysis, resume building, group discussion and handling interview to guide students towards skill development and better career prospects. She is also adept at developing comprehensive soft skills and english language curriculum for academia and industry.

Lecture Highlights :

The speaker initiated the lecture by asking the question as to how some people seem to have enough time to do everything that they want to, whereas others are always rushing from task to task, and never seem to finish anything?

The speaker enlightened the audience on the features of time management . She advised the audience to think about the concept as an art of having time to do everything that you need, without feeling stressed about it.

She advised the audience for using the priority matrix by which they can review their tasks on daily basis. She also advised the students against procrastination .

The students found the session to be quite interesting and useful.