

# UNDERSTANDING SELF

*- unlock your potential*



**December 5 -6,**  
**Registration:9.30am**  
**Hotel GRT Grand,**  
T.Nagar, Chennai 600017

## Welcome!

Dear Participant

We thank you for registering for the **“Understanding Self”** workshop.

At the outset, we assure you that your expectation will be met completely.

Let this registration be the first step towards building a great relationship with Chiron! We will be touching on the following areas during the two days:

How you can:

- ✓ Be aware of your pattern of behavior
- ✓ Manage yourself better
- ✓ Understand the basis for effective relationships
- ✓ Understand your strengths to work effectively and contribute in a team
- ✓ Know your managerial style and its strengths and drawbacks
- ✓ Know why conflicts happen and how to effectively deal with them
- ✓ Make communication more receiver oriented and impactful
- ✓ Channelize your strengths to be more productive
- ✓ Improve your Emotional Intelligence
- ✓ Make decisions and problem solve more effectively
- ✓ Manage stress effectively
- ✓ Improve time Management

Prince Nehemiah  
Manager / Prog. Coordinator



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