

ESSENTIAL LIFE SKILLS

TRAINING PROGRAM

DR. R.S. TOLIA UTTARAKHAND ACADEMY OF ADMINISTRATION
GOVERNMENT OF UTTARAKHAND
NAINITAL
SEPTEMBER 22, 2022

Presented by:
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Principal Consultant
SYNERGIE HR

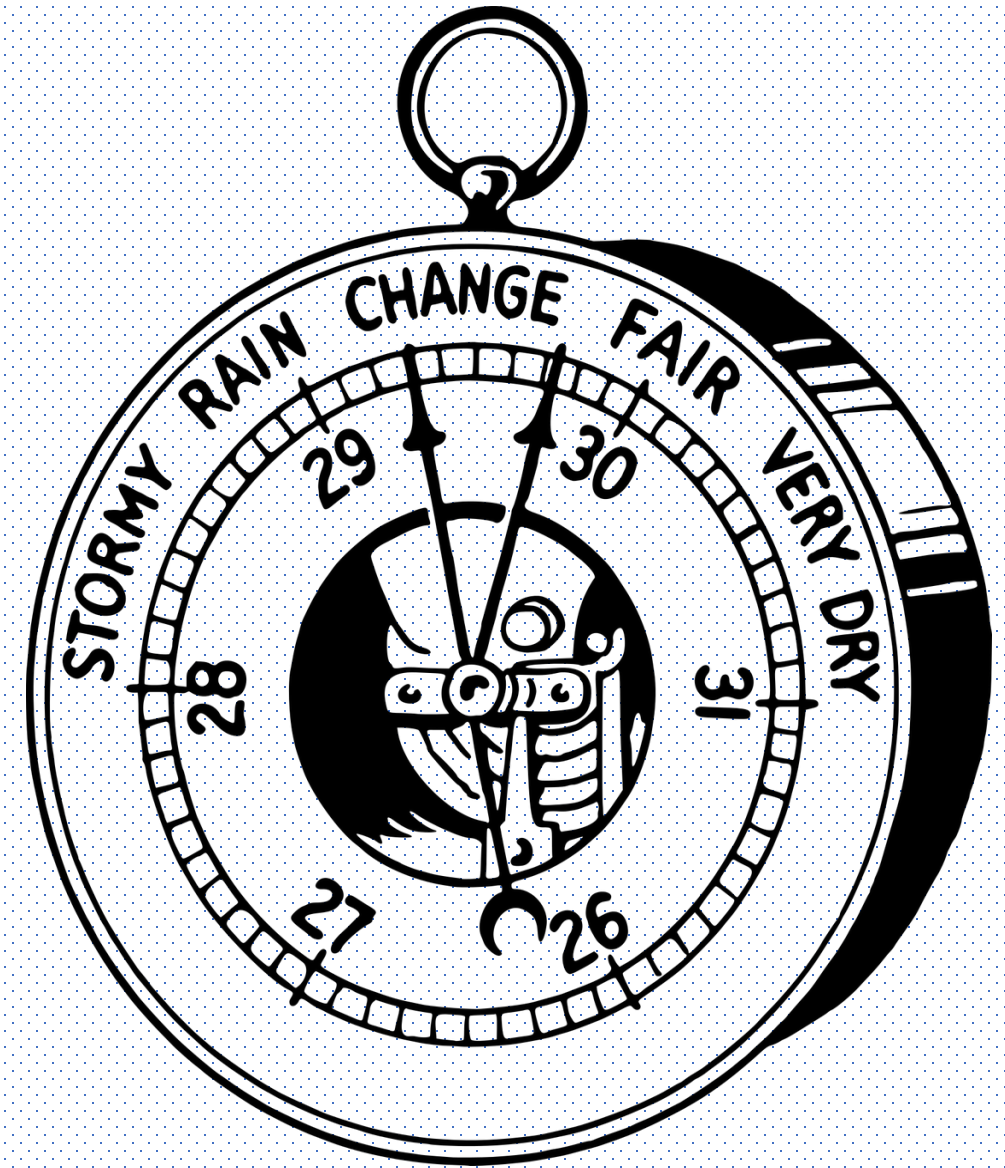
Hello Everyone !

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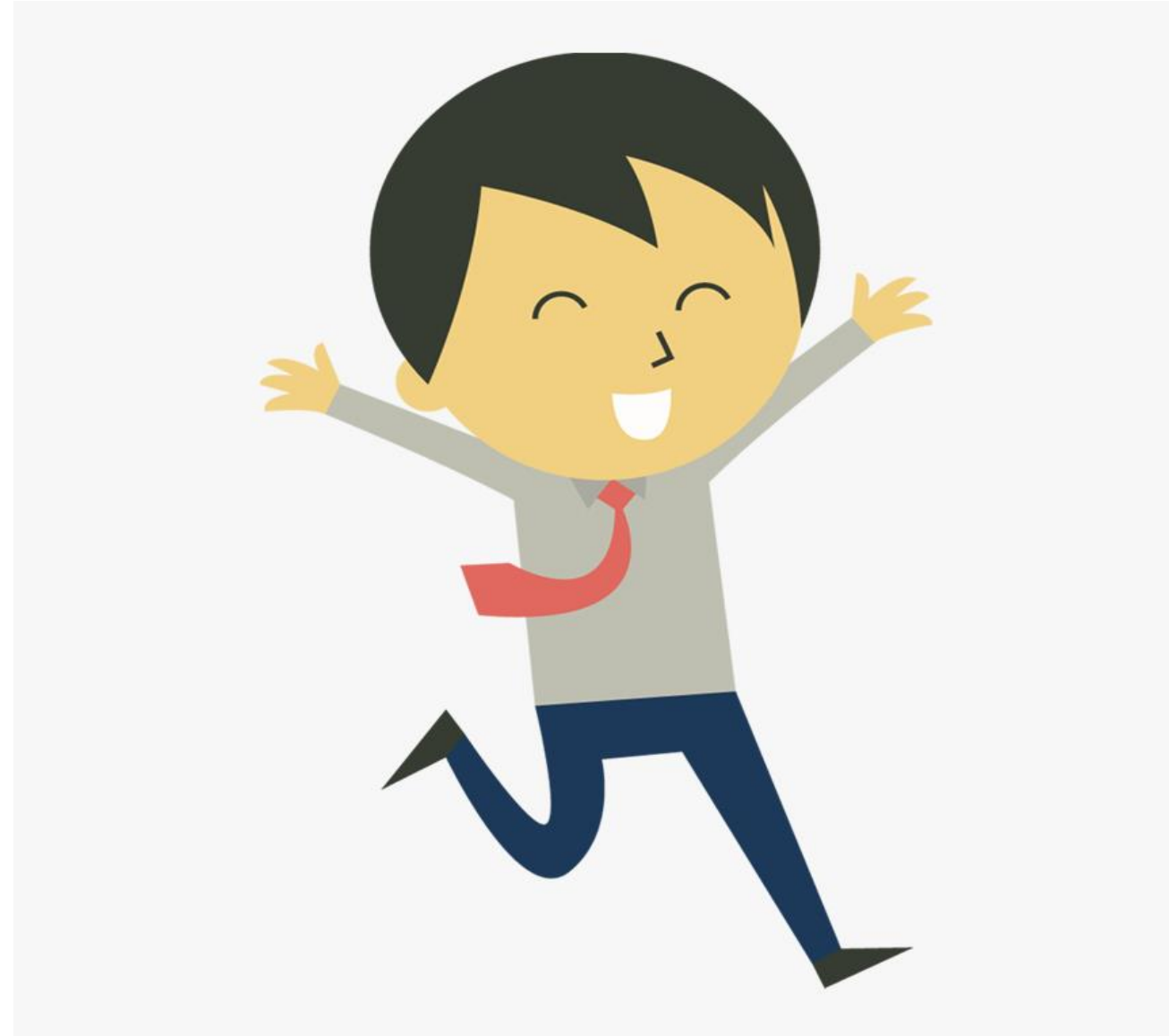
Dr. Ashish Johri

Mood Barometer



1. Pick an emoji that best describes how are you feeling right now.
2. Draw it along with the word that describes it.

I am so Glad
You're here!



Let's get to know each other !!

Name Tags

1. Name
2. Division and Location
3. Tag Line – Tag Line can be a quote, movie dialogue, song line, philosophy of life etc.
4. Tag line has to be 'creative', not general or common and should reflect **'YOU'**

The most creative tag line would be a winner!!

Note: Please write your tagline in clear, legible handwriting



Self- awareness



“When I discover
who I am, I’ll be
free.”

Activity Time



Ladder of Awareness

1. Unconscious Incompetence

2. Conscious Incompetence

3. Conscious Competence

4. Unconscious Competence



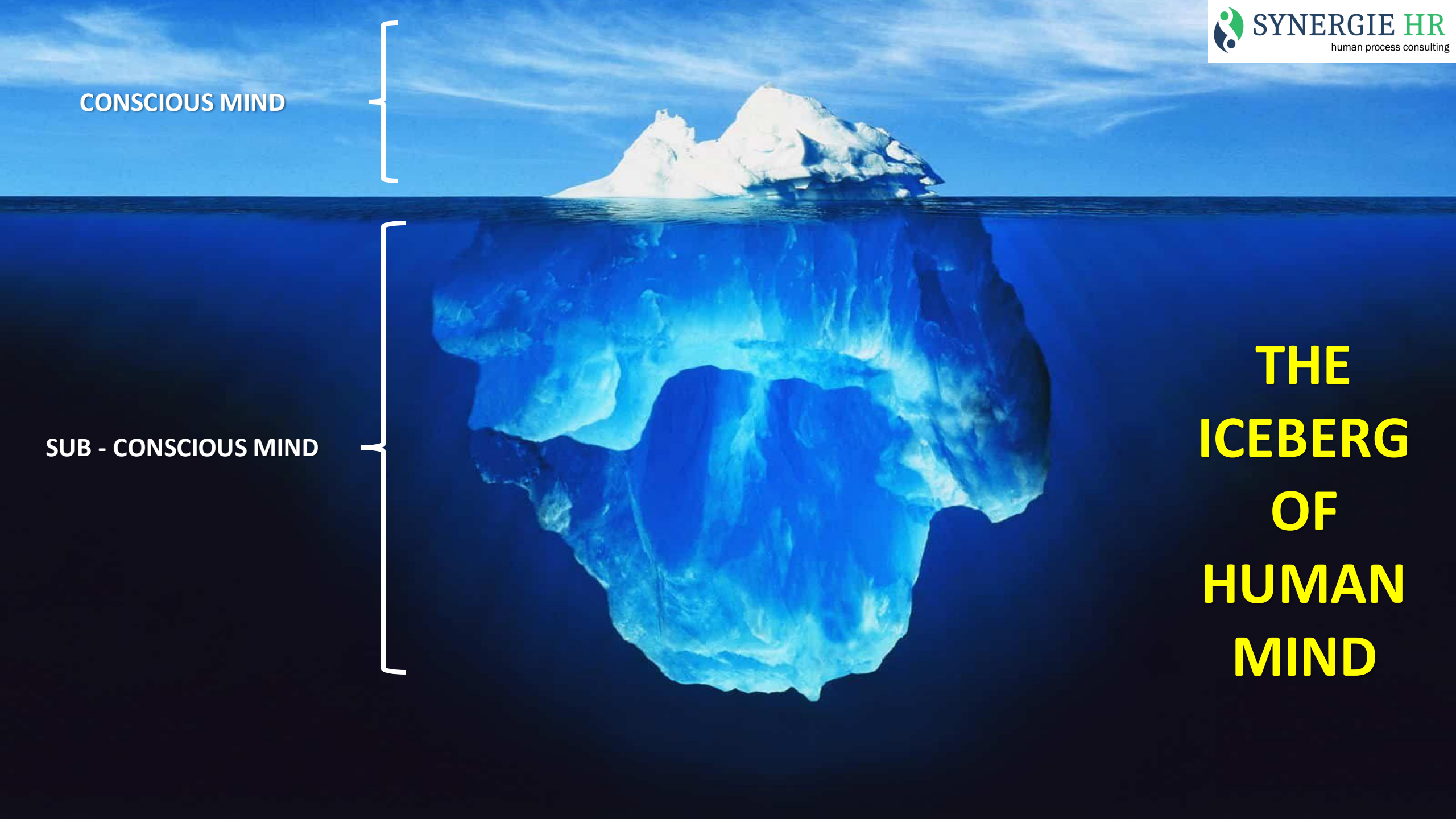
CONSCIOUS MIND



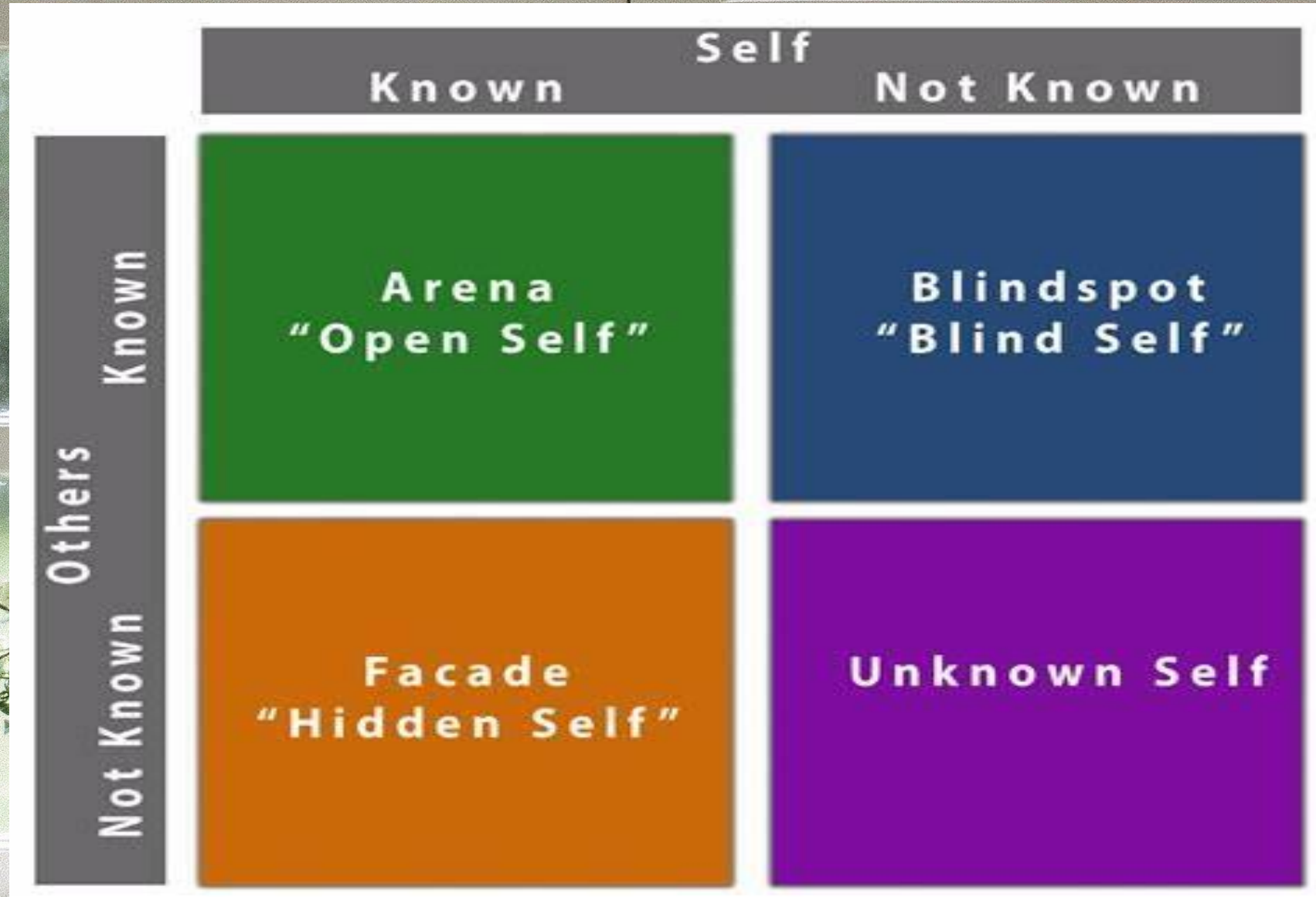
SUB - CONSCIOUS MIND

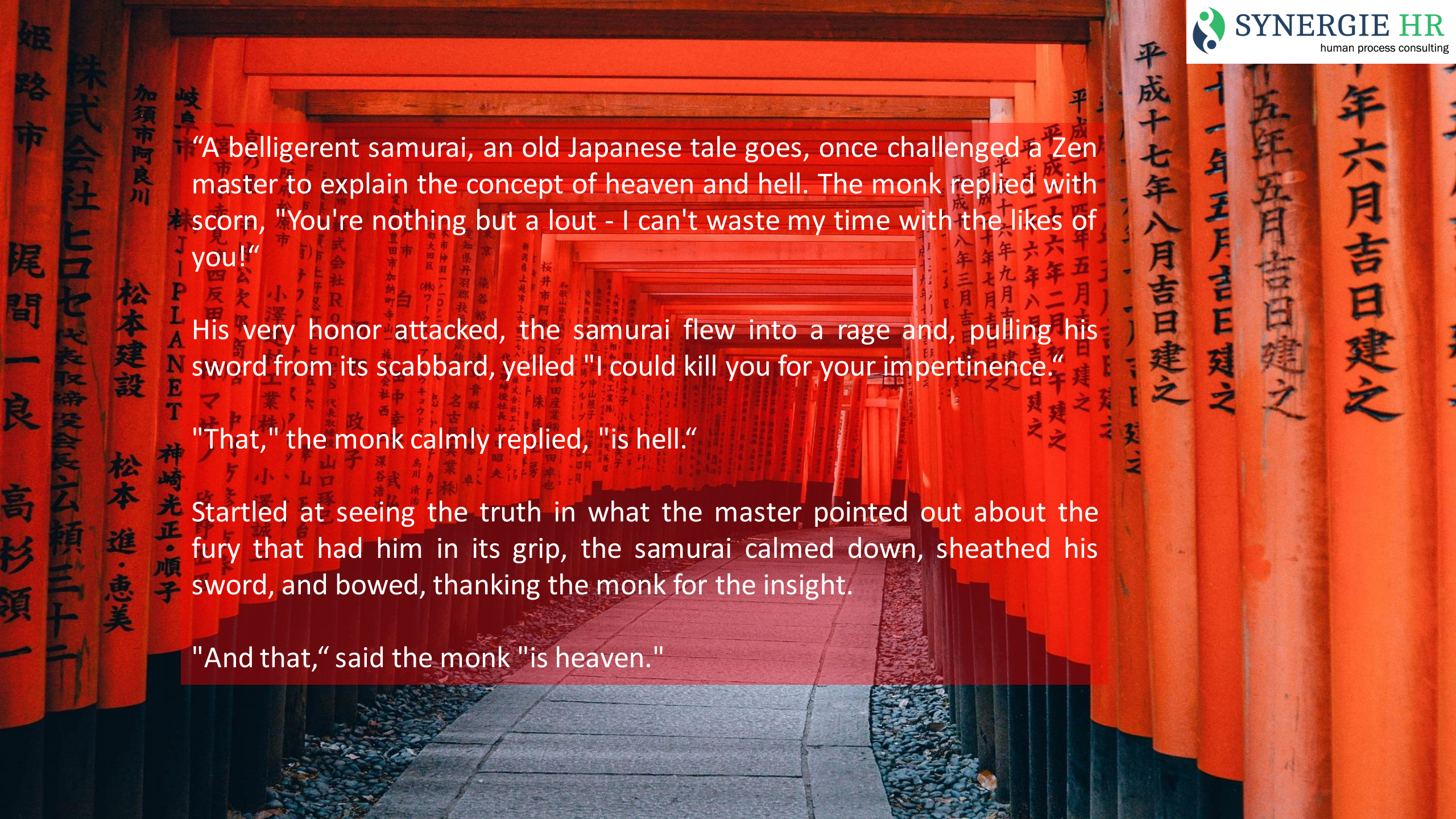


**THE
ICEBERG
OF
HUMAN
MIND**



JOHARI WINDOW





"A belligerent samurai, an old Japanese tale goes, once challenged a Zen master to explain the concept of heaven and hell. The monk replied with scorn, "You're nothing but a lout - I can't waste my time with the likes of you!"

His very honor attacked, the samurai flew into a rage and, pulling his sword from its scabbard, yelled "I could kill you for your impertinence."

"That," the monk calmly replied, "is hell."

Startled at seeing the truth in what the master pointed out about the fury that had him in its grip, the samurai calmed down, sheathed his sword, and bowed, thanking the monk for the insight.

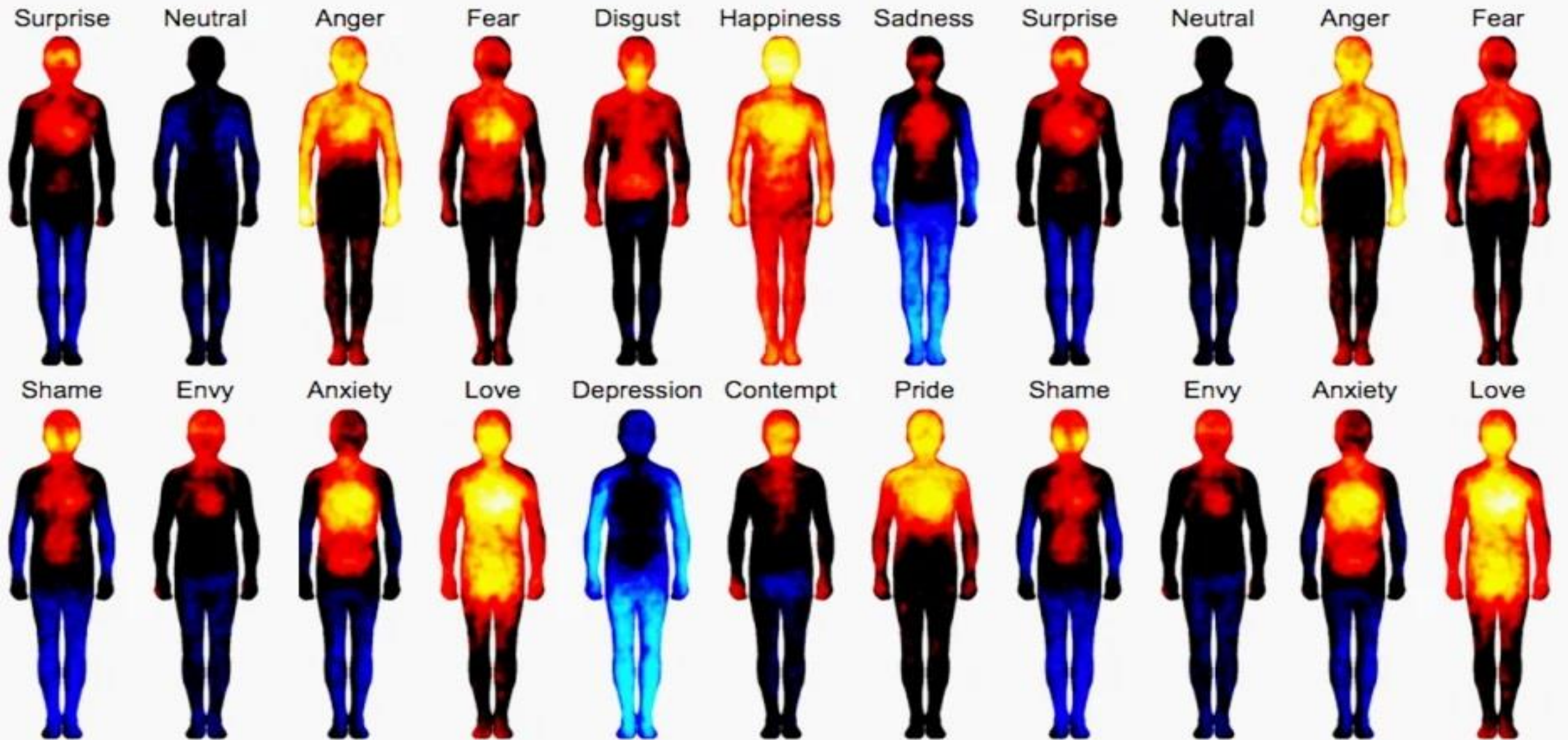
"And that," said the monk "is heaven."


Balloon Stomp- Protect your Balloon

Task:


1. Think about aspects/things about yourself that are important to you, and represent it in one word.
2. Write that word on your balloon.
3. Now the balloon represents something that is valuable to you and needs to be 'protected'
4. At the end of the music played, the one person who is able to protect his balloon will be declared the 'winner'







**Build an
Emotional Bank Account
to create
commerce between hearts**

A close-up photograph of a person's hand resting on another person's shoulder. The hand is light-skinned and has short, clean fingernails. The person being touched is wearing a dark, ribbed garment. The background is blurred, showing another person in a light-colored shirt. A purple rectangular box is overlaid on the left side of the image, containing white text.

**You can only understand
people if you feel them in
yourself**



Empathy is a special way of coming to know ourselves and other, a kind of attuning and understanding

Closure





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THANK YOU
For being such a
lovely audience !

