

Management Programs

Happy Employees - Create a Happy and Meaningful Life

Curriculum

Program Outline :

Module 1: Rethinking Life Stories

- 1. Introduction to Life Stories**
 - Core principles and concepts.
- 2. Exploring Personal Narratives**
 - Techniques for rethinking and rewriting life stories.
- 3. Life Story Workshops**
 - Hands-on workshops to practice life story techniques.

Module 2: Understanding Deep and Enduring Happiness

- 4. Introduction to Happiness**
 - Core principles and concepts of happiness.
- 5. Scientific Principles of Happiness**
 - Techniques for understanding happiness and well-being.
- 6. Happiness Workshops**
 - Hands-on workshops to practice happiness techniques.

Module 3: Time Management for Greater Fulfillment

- 7. Introduction to Time Management**
 - Core principles and concepts of time management.

8. Strategies for Using Time Wisely

- Techniques for enhancing time management skills.

9. Time Management Workshops

- Hands-on workshops to practice time management techniques.

Module 4: Crafting a Meaningful Life Story

10. Introduction to Crafting a Life Story

- Core principles and concepts of crafting a life story.

11. Tools and Exercises for Creating a Meaningful Life Story

- Techniques for developing a fulfilling life story.

12. Life Story Workshops

- Hands-on workshops to practice life story techniques.

Elective Modules

13. Mindfulness and Meditation

- Techniques for mindfulness and meditation to enhance well-being.

14. Resilience Building

- Strategies for building resilience and coping with challenges.

15. Positive Psychology

- Understanding the principles of positive psychology.

16. Work-Life Balance

- Techniques for achieving a balanced and fulfilling life.

17. Emotional Intelligence

- Developing emotional intelligence for personal growth.

18. Stress Management

- Strategies for managing stress and enhancing well-being.

19. Well-Being in the Digital Age

- Navigating digital transformation and maintaining well-being.

20. Self-Compassion

- Techniques for fostering self-compassion and self-care.

21. Gratitude Practices

- Developing practices for gratitude and appreciation.

22. Growth Mindset

- Cultivating a growth mindset for personal and professional development.

23. Creativity and Innovation

- Techniques for fostering creativity and innovation.

24. Goal Setting and Achievement

- Strategies for setting and achieving personal and professional goals.

25. Crisis Management in Personal Development

- Leading through personal development crises and challenging situations.

Websites:

- <https://chools.in/>
- <https://ramaqchools.com/>
- <https://www.choolsgroup.com/>