



CENTRE FOR CONTINUING STUDIES,
**INDIAN INSTITUTE OF INFORMATION TECHNOLOGY &
MANAGEMENT-KERALA**

(An autonomous institution established by the Govt. of Kerala)

Technopark, Thiruvananthapuram- 695 581

**ONE DAY WORKSHOP
ON
RESILIENCE – A LEADERSHIP
IMPERATIVE**

28th November 2015 (Saturday)

Hotel SP Grand Days

Near New Flyover, Panavila Junction, Trivandrum .14

About IIITM-K

Indian Institute of Information Technology & Management-Kerala (IIITM-K) was founded in the year 2000 by the Govt. of Kerala with the objective of evolving into a globally acknowledged centre of academic excellence in science, technology and informatics at the post graduate level. IIITM-K has set up a Centre for Continuing Studies in order to develop skilled professionals for the industry and to meet the continuing education needs of working professionals.

About the workshop

We live in an age that change at a rate that even the most pliable and skilled of us can have a difficult time keeping up. Not all of the changes are ones that we enjoy or that help us. Resiliency is the ability to overcome life's inevitable obstacles and deal with large heartbreaks in our personal life and in our work life in the healthiest possible manner. It is not what happens to us but how we respond to what happens to us has the greatest effect on the trajectory of our lives. Being resilient means that you are more likely to land on your feet after a major upset in your life than on your head. To stay resilient takes skill and courage. Learning how to bounce back with less down time takes practice. In this workshop participants will learn the Six Levels of Awareness, the fundamental uses for resilience and the seven abilities that constitute resilience. The participants will also get the opportunity to participate in the "Resilient Quotient Test" to self evaluate these seven abilities and will learn ways to improve weak areas.

Faculty

The workshop is presented by Mr. George Sebastian, a Toronto, Canada based executive coach and corporate trainer. He is an associate member of the Indian Institute of Chartered Accountants, with over thirty five years of management and leadership experience. He is also a Dale Carnegie Business Group, Toronto trained leadership and business coach conducting workshops on a regular basis in southern India. He began his career with Muller's Charitable Institutions, Mangalore, Karnataka, one of the largest private health care institutions in India, as their Chief Financial Officer. He was a member of a team of professionals from U.S.A., who helped in revamping and streamlining the century old institution. He worked in the construction industry in Toronto, Canada from 1981 to 2010 in the field of Finance and Administration. From 1994 to 2010 he was the Chief Financial Officer/Chief Operating Officer of Architectural Precast Systems Limited, Toronto one of the leading Precast Concrete manufacturers in Canada, serving the residential, industrial and infra-structural sectors.



Venue

Hotel SP Grand Days, Near New Flyover, Panavila Junction, Trivandrum . 14

Who can attend

The workshop is open to all those who are interested in self-improvement.

Registration fee

1. The total amount of course fee is Rs. 3420/- (Rs.3,000/- + 14.0 % service tax.)
Lunch and refreshment, writing pad and pen included.

Payment details

Bank/Electronic Fund Transfer to IIITM-K Account: Wire Transfer to A/c No. 2762201000303 (Bank Name: Canara Bank - Kazhakuttom Branch, Branch Code: 2762, NEFT/IFSC Code: CNRB0002762, MICR Code: 695015016, City Name: Thiruvananthapuram, Type of Account: Current A/c). Please transfer the specified amount and send the filled up registration form to ccs@iiitmk.ac.in or by post for confirmation of registration. The registration form is available in <http://www.iiitmk.ac.in/ccs>

OR

DD/ cheque drawn in favour of "Director, IIITM-K" payable at Thiruvananthapuram and send filled up registration form by e-mail to ccs@iiitmk.ac.in or by post for confirmation of registration.

Important dates

Sl. No	Details	Date	Discount
1	Last date for Registration	24/11/2015	Nil
2	Early Bird Registration	01/11/2015 to 15/11/2015	5%
3	More than 3 registrations from same organization	20/11/2015	10%
4	More than 5 registrations from same organization	20/11/2015	15 %

Address for Correspondence:

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For more details, please visit: www.iiitmk.ac.in/ccs