

Department of Mental Health and Behavioral Sciences

Work Identity

Objectives

As part of the Max Healthcare Industrial-Organization Psychology Initiative, the following modules are also designed to give value added input to your employees and your organization.

The objective of the course is to promote emotional, psychological and spiritual well being of the organization and its employees by helping them understand the nuances of individual psychology and develop effective ways of addressing emotional issues.

Course Description

Most conflicts in an organization are related to role issues, loss of self motivation, and the stress of the divide between personal and organizational concerns. This workshop helps a person identify and achieve the best 'work identity', that would help the organization and the self.

Duration 1 day

Learning Objectives

- Recognize the signs of conflict with personal and organization needs
- Learn about one's individual personality/role identity
- Learn about individual coping skills- strengths and limitations
- Identify and develop a balanced "work identity"

Who Should Attend:

- The course will benefit individuals in organizations including managers, team leaders, human resource development personnel, customer care staff and senior level trainers, managers, executives.

Course Content

- Definition of Roles
- Understanding self and work identity
- Individual Personality Type
- Impact of Stress on work and personal life productivity
- Healthy work identity development for increased productivity

Course Evaluation

The successful participants must have completed all of the below:

1. Attendance through entire program.
2. Participation and completion of related questionnaires done during and post-session