



WORKSHOP FOR TEACHERS
SESSION: 2024-2025

THEME/TOPIC: SELF LEADERSHIP AT WORK

RESOURCE PERSON: Ms. Mita Chaudhury

ORGANISED BY: MBS International School

DAY & DATE: Friday, 28 June 2024

DURATION: 2 hours

VENUE: School Auditorium

ATTENDED BY: Teachers

Objectives: -

- To develop skills for self-motivation and self regulation.
- To understand the principals of self leadership.
- To enhance emotional intelligence and interpersonal skills.

“The first and best victory is to conquer self.” - Plato

A transformative workshop was organized for the teachers of MBS International School on 28 June 2024 in the school auditorium on the topic ‘Self Leadership at Work’.The workshop commenced with a warm welcome and introduction of the resource person Ms. Mita Chaudhury, who is a transformation coach.

The workshop aimed to empower employees to take charge of their own professional development, enhance their productivity, and cultivate a proactive attitude towards their work responsibilities. Ms. Mita Chaudhury, discussed theories and practices of self-leadership, emphasizing real-world application. Participants gained a deeper understanding of their personal leadership styles and how they affect their work. They learned to set clear, achievable goals, leading to greater motivation and productivity. They reported a significant improvement in managing their time and prioritizing tasks effectively and enhanced emotional intelligence skills helped them improve their interactions and relationships at work. They improved ability to approach and resolve workplace challenges confidently and creatively.

The Self-Leadership at Work workshop successfully equipped facilitators with the tools and techniques needed to manage their time effectively, and enhance their interpersonal skills. The knowledge and skills gained during the workshop are expected to contribute to their professional growth and enable them to succeed in their future careers.The positive feedback and observed improvements suggest that such workshops can significantly contribute to individual and organizational success.

MBS



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