



BANGALORE MANAGEMENT ASSOCIATION

(Affiliated to All India Management Association)

Presents

Training Programme

on

**Enhancing Personal Effectiveness
thru 3Qs (IQ, EQ, SQ)**

by Mr. V Aswatha Ramaiah

Date:

Friday, 23 January 2009 (0930-1700 hrs)

Venue:

Hotel Harsha Ramada, Shivajinagar, Bangalore - 560 001



BANGALORE MANAGEMENT ASSOCIATION

B-207 Blue Cross Chambers, 11, Infantry Road Cross
Bangalore 560001

Tel: 25591204 / 25595772; Fax :25597736

Email: bgma@dataone.in, bmabangalore1953@gmail.com,

Website: bmabangalore.com

Bangalore Management Association

presents

Training Programme

on

“Enhancing Personal Effectiveness thru 3Qs”

Introduction:

For long, we believed IQ (Intelligence Quotient) is a sure shot of success. Then came EQ (Emotional Quotient) shattering that belief. Tons have been spoken and volumes have been written on how EQ is more important than IQ. The wise and the evolved people watched patiently till the realization dawned that there is another ingredient without which IQ and EQ are incomplete. That is SQ (Spiritual Quotient).

This unique training programme serves you the concoction of these 3Qs in a way you had never tasted earlier. The sharpness of IQ, the softness of EQ blends with the wisdom of SQ in this programme throwing open to you the doors of the uncharted planes of your intelligence, emotions and spirituality. Thus ensuring a sure formula for success and satisfaction in your professional as well as personal life.

Programme Contents:

- Significance of IQ in problem-solving and decision-making in an organisation
- Importance of Emotional Intelligence (EI); handling intelligently the emotions of self and others; coming out of negative emotions like anger, ego, disappointment, fear, jealousy, etc.;
- Role of EQ in enhancing the positive attitude, creative, interpersonal relations and team work in an organisation;
- How to improve EQ for achieving success in professional and personal life;
- Principles of spirituality and their application in corporate life;
- Importance of SQ in developing a perspective in life, self awareness, values of life and a deeper understanding of the purpose and mission of life; adopting these concepts at work place to improve the performance;
- Stress management by implementing EQ and SQ;
- SQ as a key for discovering self actualisation in work and happiness in life.

To put it in simple words, the programme will enable you to understand how IQ, EQ and SQ put together can enhance your personal effectiveness through nurturing:-

- a) Analytical skills, problem solving and decision making (IQ)
- b) Positive attitude, interpersonal relations, team work, creativity and emotional control (EQ); and
- c) Vision and mission of life, purpose and meaning of life, self-awareness and self actualisation (SQ)

Participants:

Executives working in high pressure environment and whose results depend on their people skills and who spend considerable time with their internal people from HR, marketing and sales, IT, admn, shop floor, external customers, academicians.

Faculty:

Mr V Ashwatha Ramaiah, who has imparted training to large number of persons in leading organisations like Infosys, TCS, TVS, ABB, L&T, Tata Group, GMR Group, Siemens and many organisations in India and abroad. A Mechanical Engineer who has a strong base of IQ, an expert in understanding and handling emotions (EQ) and a yoga/spiritual practitioner for decades (SQ), he is an ideal person to speak on these 3Qs with his vast repository of practical experience and knowledge.

Participation fee: Rs.2500/- per participant. 10% rebate in case of three or more participants from same organisation. Fee is payable by cheque drawn in favour of “Bangalore Management Association”.

Date: Friday, 23rd January 2009 (0930-1700 hrs) Regn: 0900 hrs.

Venue: Hotel Harsh Ramada, Shivajinagar, Bangalore - 560 001 (Tel:22865555).

Registration:

Registration to participate in the programme may be made by filling up the attached Registration Form or on phone 25591204 or email: bgma@dataone.in, bmabangalore1953@gmail.com, giving the names of participants, designation, organisation, and telephone number to be followed by remittance of fee to:

Bangalore Management Association

B-207 Blue Cross Chambers,11, Infantry Road Cross, Bangalore-1

Tel: 25591204 / 25595772, Telefax: 25597736

Email: bgma@dataone.in, bmabangalore1953@gmail.com

For details/registration please contact :

Mr BJ Ponnappa / Ms Amuda N / Mr George Clement
on phone 25591204/25595772 /25597736



BANGALORE MANAGEMENT ASSOCIATION

(Affiliated to All India Management Association)

The Bangalore Management Association (BMA) is a pioneer of the management movement in India. Established in 1953, it was launched as a professional body to study and promote scientific management. As an independent, nonprofit institution, BMA provides a wide range of services aimed at enhancing managerial effectiveness. These include promotion and development of sound management practices suiting Indian conditions and to stimulate management thinking leading to excellence. The objectives of BMA are achieved through organizing seminars, workshops, conferences, training programmes, lectures, discussion meetings and research projects.

Office Bearers of BMA

President: Mr G Ramanand

Sr Vice President: Mr S.R.Yogananda

Vice President: Mr Arun P.Mote

Hon. Secretary: Mr B.C. Reddy

Hon.Treasurer: Mr Amaranath B.

Chairman, BMA Training Committee: Mr M. Nellaiappan

Executive Director : Mr PK Shanbhag

Director (BMA-AIMA Management Education Services Centre):
Mr B.J. Ponnappa

REGISTRATION FORM

Bangalore Management Association

B-207 Blue Cross Chambers

11, Infantry Road Cross, Bangalore 560001

Tel:25591204/25595772 Fax:25597736

Email:bgma@dataone.in, bmabangalore1953@gmail.com,

One day Programme on “Enhancing Personal Effectiveness thru 3Qs”

Date: Friday, 23rd January 2009 (0930-1700 hrs) Regn: 0900 hrs.

Venue: Hotel Harsh Ramada, Shivajinagar, Bangalore - 560 001
(Tel: 22865555)

We are nominating the following persons to attend the above programme:-

Sl.No.	Name	Designation	Tel Number
1)			
2)			
3)			
4)			

Cheque no..... dated..... For Rs.....
drawn in favour of “**Bangalore Management Association**” towards participation fee is enclosed/will be sent separately.

Name of the Sponsoring Authority:

Designation:

Organisation:

Address:

Ph:

Fax no:

email id:

Note: Pl email/fax this form in advance if convenient. Nominations will be confirmed on receipt of participation fee. The fee paid is non-refundable, however, participation by a substitute shall be allowed.

For details/registration please contact Mr BJ Ponnappa / Ms Amuda N /
Mr George Clement on Phone : 25591204 / 25595772 / 25597736