



Serving Indian Power Sector
Through Excellence in HR



A Journey from Aspiring to Inspiring

1. Programme Overview

“There is no chance for the welfare of the world unless the condition of women is improved, It is not possible for a bird to fly on only one wing” – Swami Vivekananda.

Empowerment means that people - both women and men – can take control over their lives: set their own agenda, gain skills (or have their own skills and knowledge recognized), increase self- confidence, solve problems, and develop self-reliance. It is both a process and an outcome.

Today women constituent an important percentage at workplace and are gaining positions at board of organizations as well. Indira Gandhi, Indira Nooyi, Chanda Kochhar, Marissa Mayer, are few successful examples we have. Also Dr. Kiran Bedi and many other; and many women whom we interact in daily life have excelled in many ways. But what’s common among all of them? They all have overcome the challenges in their work domain, their companies and their interpersonal interactions, that is they have empowered themselves to take their own decisions, and to live their dreams.

This three day programme on women empowerment will start with re-introducing our women executives to themselves, introducing them to their rights, major areas impacting their work-life, and how to empower themselves by listening themselves.



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2. Learning and Application Objectives

At the end of the programme, the participants shall be able to **define for themselves** the followings:

- Dimensions of empowerment
 - Personal / Domestic front
 - Professional front
 - Rediscovery our self concept&self image
- Self Love – Way to freedom
- Love yourself: Emotionally and Physically
- The way forward reinventing self and managing others

The participants shall be **able to do** the following

- Healthy work-life balance
- Prioritizing what is important and solving dilemma of Personal – Professional Balance
- Networking and relationship building, *Lean-in*
- Helping self and others through self-realization and finding support, utilizing Kübler-Ross Model
- Action Planning for Personal Finance and Professional front using David McClelland Model
- Recommending Acton Planning for Institutional Setup



3. Programme Content

- Why Empowerment: its definition by recognized bodies, impact on business & society
- Reclaiming and embracing your authentic self
- Work Life Balance
- Challenges in working in metros / work sites including that of single mothers
- Achieving professional excellence through superior performance
- Financial Planning
- Performance Planning including Networking
- 'Me' as a BRAND
- Kübler Ross Model
- David McClelland Model of Achievement Need
- Lean-in: support through cultivate networking and relationship
- Interaction with senior women leaders from workplace



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5. **Who May Attend:** Junior – Middle Female Executives
6. **Methodology:** Classroom lectures, exercises/case studies, interaction with Senior Women Executives
7. **Duration: 3 Days**
8. **Venue:** To be arranged by PMI
9. **Contact Person:**
Ms.ShailjaShrivastava
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