

Date: 14th March, 2018

**Report on Session on "Performance Coaching" by expert from
"Tata Institute of Social Sciences (TISS)"**

Training and placement cell has organized a session on "Performance Coaching" by expert from Tata Institute of Social Sciences, Mumbai.

Venue: B-507 Seminar hall.

Date & Time : 14th, March 2018 at 3.15 pm-5.15 pm

Expert : Sumagna Bhowmick, pursuing PhD from Tata Institute of Social Sciences.

About the speaker- Sumagna is pursuing PhD from Tata Institute of Social Sciences. Prior to this, she has completed her MPhil from TISS. She has majored in Psychology. Her research works are primarily in the field of Organizational behaviour and her research interest areas are management of emotions at work place, performance management, stress and burnout.

Outcome of Training Session :

1. This study session was arranged in such a way that it will help students to connect with the on-going practices of organizations today.
2. The session was an interactive one and focussed on "Performance Coaching" both verbal and non-verbal behavioural coaching. Non-verbal behavioural coaching was to help students to shape up their body language in a desirable way.
3. This session study taught students to cope up with stressful situations like facing interviews and competitions related to the same.
4. The session talked about power pose which will help students to project confidence even in the stressful situations.
5. The session also elaborated on theoretical concepts like Presence, Power and Warmth along with their influence on building up a desirable personality.
6. This session was held to teach students to engage better in their upcoming corporate work roles and to be updated about the recent changes taking place within the HR policies of performance management.

No. of Students attended the session : 39

Mr. Nilesh Lakade
I/c TPO and Assistant professor

K. J. Somaiya College of Engineering, Mumbai-77
(Autonomous College Affiliated to University of Mumbai)

Photos clicked during the session:



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