



Indian Institute of Management Indore

**INTEGRATED PROGRAMME IN MANAGEMENT (IPM)
TERM: IX**

TITLE OF THE COURSE: Crafting Your Inner World (Workshop)

CREDITS: 2

COURSE DESCRIPTION

This workshop course will introduce students to the concept of flow – a condition of heightened focus, productivity, and happiness. Exploring each individual's mental models about success, failure, their personal values, and goals. This would help them align it with their personal vision and purpose in life. Lastly the course will present students with practices to manage their personal energy.

COURSE OBJECTIVES

1. To introduce students to the concept of 'optimal experience' or 'flow'.
2. To inquire into the notions of success, failure and conformity.
3. To cultivate a conscious understanding of personal values, priorities, and interests.
4. To introduce practices for managing personal energy.