

INTEGRATED PROGRAMME IN MANAGEMENT (IPM) TERM: IX

TITLE OF THE COURSE: Journey of Self-Discovery and Strengthening Self
CREDITS: 2

COURSE DESCRIPTION:

The course on 'Self discovery and Strengthening Self' builds further on the Term VIII coverage and will be conducted over Term 9.

In this term too, students will be focusing on their own selves and gaining an understanding of who they are through a variety of exercises and reflection. They will add to their previous understanding of how the Adult learning cycle operates and how they bring in intentionality to their learning. Progressing from their personal vision, they will move into the phase of "intentions to action". In doing so they will use their strengths and the eco system around them to help them in their journey.

- At the level of self, they will be deeply engaged in taking their own dreams forward and explore elements of mind-body, presencing and balancing their rational-emotional selves.
- At the level of interpersonal and group relations, they will explore self-leadership, contextual leadership and authority; and further strengthen the relatedness and bonds they have already created (over the past 2 years) and create newer connections as well.
- At the level of the system, they will recognize that every single person has the desire to succeed and that the implications of this reality are that they can learn to collaborate and create a Win-Win situation in multiple relationships.

Grounded in current realities and needs of the students, deep beliefs around people's potential; the facilitation builds on applied behavioral science, the tenets of appreciative inquiry, laboratory training, creative arts and experiential learning to create a functional and safe space for learning and building capacities.

COURSE OBJECTIVES

Facilitate students

- 1) To learn the process of be their own guide-creator such that there is an 'unfoldment' of each student in their own unique way enabling a transformational experience.
- 2) Learn to strengthen self and express one's potential progresses through self-discovery, awareness, reflection and practice; promote a

way that opens the mind, heart, and soul to novel ways of living the self.

3) To move towards:

- Connect the learning to daily life
- Enhance self-trust and self-confidence
- Unearth and expand their unique perspective
- Ease any undue distress/anxiety and achieve calm assurance
- Be open to see oneself and the world differently