



Indian Institute of Management Indore

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

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

CREDITS: 3

COURSE DESCRIPTION

The course on 'Self discovery and Strengthening Self' will be conducted over Terms 8 and 9.

In this term, 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 understand how the Adult learning cycle operates and how they learn for themselves. From getting a sense of their personal vision (however vague it might be) they will move into how to begin the process of making it a reality. 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.
- At the level of interpersonal relations, they will further strengthen the bonds they have already created (over the past 2 years) and create newer bonds 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