

## About the Workshop

### Topic:

1. Understanding Relationships through Self-Management

Effective relationship management is crucial for personal and professional success, but it begins with self-management. Self-management involves understanding and regulating our own emotions, thoughts, and behaviors. This internal awareness is the foundation upon which healthy relationships are built.

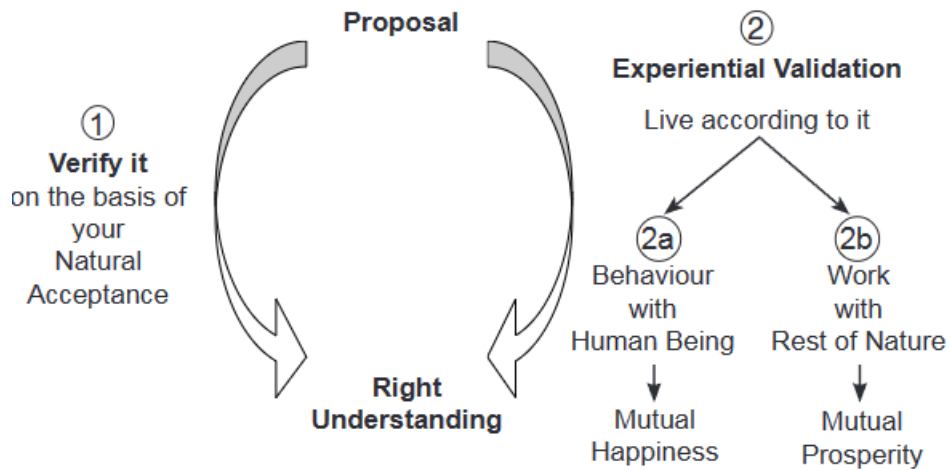
When we practice self-management, we develop emotional intelligence, enabling us to navigate relationships with greater empathy, communication, and conflict resolution skills. We become better equipped to handle stress, reducing the risk of it negatively affecting our interactions. Self-management also encourages self-reflection and personal growth, leading to more fulfilling connections with others.

The outcomes are profound. Relationships characterized by trust, respect, and effective communication become the norm. Emotional intelligence, a byproduct of self-management, becomes a valuable tool in personal and professional life. Conflict resolution becomes less confrontational and more constructive, resulting in harmonious relationships. Personal satisfaction and well-being improve, leading to a healthier, more fulfilling life overall. By prioritizing self-management as the cornerstone of relationship management, we unlock the human potential required to live with self-confidence, more harmonious connections with others and a humane society for the next generations.

### Process of the workshop:

Whatever is stated here is a proposal; do not assume it to be true or false, right or wrong. Verify it – verify it on your own right, on the basis of your natural acceptance. This is the first part of the process.

The second part of self-exploration is experiential validation. It means trying to live according to the proposal. In living, there are two parts – one is the behaviour with other human beings and the second is work with rest of nature. When we are behaving with human being on the basis of this proposal, we want to verify whether it leads to mutual happiness or not. If it leads to mutual happiness, it is a right proposal; if it does not lead to mutual happiness, it is not a right proposal. Similarly, when we are working with rest of nature on the basis of this proposal, we want to verify whether it leads to mutual prosperity or not. If it leads to mutual prosperity, it is a right proposal; if it does not lead to mutual prosperity, it is not a right proposal.



### Requirements:

Projector for using PPTs or smart board, one white board, four white-board markers (2 black, one green and one red), one collar mike and hand mikes for audience.

### Attendance:

- All workshop sessions are interconnected; therefore, 100% attendance is required for the audience to grasp the concept comprehensively.
- The workshop will be in a dialogue form; therefore, 25 – 40 people are enough. It will ensure one-to-one interaction with the audience.
- The host institute may provide a certificate of participation to the participants.