



Resonance Consulting

Empowered Women @ Work

Resonance Consulting works with organizations engaged in empowering people with “People Management skills” through their E-series - Excellence building workshops. The focus is on enhancing an organization’s wealth through the process of Education, Coaching & Training by drawing on concepts from both Management & Psychology. One of our very interactive modules focusing on lady executives is:

Empowered Women @ Work:

A custom made training module that empowers today’s woman to climb the Leadership ladder and at the same time keep track of herself in terms of well being and happiness. The value proposition to the Organization is not just retention and inclusivity but also gender diversity in leadership cadres.

Objective of the Workshop -To build awareness and skills in:

- Dealing with Gender Perceptions and Stereotypes
- Dealing with Guilt and everyday Emotional challenges
- Being Professional and Assertive
- Nurturing people management skills
- Developing Self Awareness
- Being an effective Leader
- Achieving Work Life Balance
- Overcoming self imposed glass ceiling
- Climbing the Leadership Ladder

Number of Days: 2

Date: To be decided

Participant Profile: Women executives

Methodology: Presentation, Case studies, Group activities, Role plays, videos.

Facilitator Profile:

Sabita Prasad: To understand why people behave the way they do is Sabita’s forte. A coach, counselor and trainer on human behavior, she wears many hats! Her unique approach blends the best of western psychology and eastern philosophy. In her interaction with people from all over the world, she has empowered them – both professionally and personally.

Sabita is also a visiting consultant at Arogyadhama, a holistic yoga healing centre. Her articles on human behavior have been published in major newspapers. Sabita holds double masters in Science and has graduated with a Gold Medal in Counseling Psychotherapy.

Sudha Jayaram: Sudha comes with over 20 years of experience in Human Resources and Public Relations Management both in the Public and Private sectors. Her specialization is in the area of corporate training for Communication and People Management Skills.

An alumnus of IIM (Kozhikode), Sudhas' simple and practical approach to training has proven to be very effective, producing long lasting results.

Sabita & Sudha are also associated with Nasscom, Bangalore in evaluating the on-going Mentoring program for Women executives under **Nasscom Gender –Inclusivity** initiative.

PMI Award: The research paper on Gender Harmony titled “Help! My colleague is behaving strangely” presented by Sabita and Sudha at the recent **PMI, India conference** won the Runner up award for the “Best Technical Paper” selected out of 300 plus entries. Their paper on conflict management at work, “Help, something is not right” was published by PMI, in the year 2010.

Resonance Consulting is an off shoot of SABCONS Project Management Consultants, (Indias' first PMI, REP) which focuses on “People Management Consultancy and training”. The uniqueness of this training is the amalgamation of both the principles of management and Psychology.

Resonance Consulting has successfully empowered participants from many multinational organizations in Effective Communication, Self Management & People Management skills through their custom made workshops.

The Resonance Excellence series offers workshops on Team building skills, Gender-Communication skills, Conflict management skills, and Emotional Intelligence.

Gender Communication and sensitization, Gender Harmony at work, Empowered Women at work, and Work-Life Balancing are programs unique to Resonance Consulting. Resonance programs are interactive, case study based and highly engaging.

Our Clients say:

- ❖ Accenture: The feedback on taken on a scale of rating from 0 to 5. The overall feedback was rated as 4.3/5 & the Faculty feedback rated as 4.5/5, which is considered to be very good
- ❖ GE: Thought provoking, self awareness session
- ❖ Sonus Networks Inc: We have indeed received encouraging feedback about the program from our Senior Managers
- ❖ 3M India Ltd: Very good training
- ❖ 247 Customer: It was a great workshop, made relevance in our day to day work life
- ❖ Ernst & Young: I enjoyed myself and benefitted from it thoroughly
- ❖ Ingersoll –Rand: The session was very interactive and lively
- ❖ Nokia: Nice programme. Handled with panache between the two facilitators
- ❖ Cisco: I liked the program because it was thought provoking
- ❖ RBI: Good guidance regarding balancing home and office. Tips on stress management very useful