

**Kamaraj Auditorium, TT 7<sup>th</sup> Floor**

Faculty Coordinators : Dr. Jayaprakash Narayan M, Dr. Anandavel K

## Building Inner Confidence through neuro-scientific techniques

### Resource Person :



**Mr Shivam,**  
Life Coach and Corporate Trainer,  
Aerospace Engineer,  
Mohali.



### Discussion Points :

- ❖ Creating understanding on emotional intelligence, and connect between emotional intelligence and self confidence
- ❖ Practical sessions to
- ❖ Help the participants to become more aware of their emotions
- ❖ Build on inner confidence through neuro-scientific ways and techniques
- ❖ Make aware of value system that will allow them to feel confident internally than to seek it outside

**10 February - 2023  
(Friday)@ 10:00AM-4:00PM**