



Staff Development Program



Title : Emotional Intelligence at Work:
Managing Emotions for Better Teamwork and
Communication-Batch 1

Date : 2025-10-22 - 2025-10-22

Time : 16:00 - 17:30

Venue : PRP-370-BLOCK

Event Outcome

- Understand the core components of Emotional
Intelligence (self-awareness)



Resource Person 1 - Details

Name : Prabu Christopher B

Designation : Associate Professor Grade 1, VIT Business School

University/ Company : VIT, Vellore

Address : India, 632014.

Resource Person's Profile :

1. Profile of Prabu Christopher B

SHORT PROFILE

Dr. Prabu Christopher is an Associate Professor at the VIT Business School, VIT University, Vellore, with over 23 years of experience in academic research and teaching. He holds a Ph.D. in Conflict Management with a specialization in subcultural diversity from VIT University. His professional background also includes extensive industry experience in corporate training and development, banking operations, recruitment, performance appraisal, and team management with reputed organiza

The session will focus on developing self-awareness, empathy, and emotional regulation skills that promote collaboration and reduce workplace conflict. Bilingual facilitation in Tamil and English ensures clarity and inclusivity for all participants.

Interactive discussions and role-based exercises, Self-assessment surveys to evaluate personal EI strengths and areas for growth.

Reflective group sharing to enhance understanding and empathy

Practical workplace scenarios to reinforce learning

Coordinator's: Prof. PRABU CHRISTOPHER B 13368 - Associate Professor Grade 1 -
VITBS