



## HR Workshop

### About Us

Bisines Associates is multi domain consulting firm having headquarters in Kottayam, Kerala. We have zonal offices in Bangalore and Kochi.

Personality development and behavioral science programs are among our core competencies. We conduct training programmes for corporates and educational institutions. Our consultants are leading trainers and some of them are well exposed to the international training arena.

Methodology: Training sessions will be totally participatory in nature with group discussions, activities, case studies, group games etc.

This approach is based on the oriental saying:

*"Tell me I will forget, show me I will remember and involve me I will learn".*

Also the sessions will be fun filled as we believe that:

*"You rarely succeed at anything, unless you have fun doing it".*

We all know that

- *People want to be the best*
- *People crave to be the centre of attraction*
- *People never cease to admire the admired*

Yet, there are scores of people who do not lift themselves from mediocre levels and reach positions they consider the best. What stops them from achieving the heights they should have?

Let us explore.....

Self Awareness: Half of being smart is to know what you are dumb at. Knowledge of where you stand is as important as liking yourself for whatever you are and accepting yourself as you are and others as they are. As Lao Tse said *"He who conquers others is strong; he who conquers himself is mighty"*. We have to convince ourselves that:

- *Each one of us has tremendous potential*
- *Each one of us is capable of performing par excellence*
- *Each one of us can be the best*
- *Each one of us possesses tremendous inner power which can make impossible happen.*

### Success and Happiness

- Psychologists and surveys tell us that success and happiness are what people want most out of life. But what if people had to choose between the two, happiness and success?
- Sure - happiness would win hands down
- After all what good is success if it doesn't make you happy?
- It is also a proven fact that we will pursue most earnestly the things we consider the most important.
- Why then only few people say they feel truly happy and fulfilled?
- Why don't they find what they pursue?
- What is missing?
- Where do they go wrong?

The answer can be found by studying two factors - *People and Attitude*

## People and Attitude

- We know that other people play an important part in any real happiness we experience. And if you think over it, you will realize that our level of happiness is a reflection of how successful we are in our relationship with other people.
- So, how do we succeed with people?
- Success is not an accident. It is the result of our attitude and attitude is a choice. What makes a winner?
- The secret is - they have a winner's attitude.
- Are you a victim of circumstances? Alterations in circumstances will be directly proportional to alterations in attitude.

Professor William James of Harvard University, one of the most respected psychologists of the 20<sup>th</sup> century said, *"The greatest discovery of my generation is that, human beings can alter their lives by altering their attitudes of mind"*.

It is not because people are not talented or they do not have opportunities that they do not do well in their lives. The real villain is their wrong approach or attitude.

People should realize that even a stopped clock is right twice a day. They need to develop an attitude of gratitude, and they need to count their blessings instead of their troubles.

One's life is unique. It is separate from every other life in the true sense of experiencing it. Nobody else can live your life, feel the way you feel, and get into your body and experience the world the way you do it. Effective handling of your life and the people around you is the beginning of a new journey towards success and happiness.

Life is a puzzle. And building a life is an art. It means finding the bits and pieces of one's personality and abilities – physical, mental & spiritual and putting them together in strong patterns - thus creating rhythm, meaning and beauty.

God gave us a world unfinished so we might share the joy and satisfaction of creations.

Money is a lousy way of keeping score.

Making your life worth living depends mostly on your approach to various situations and people you come across in life. And your approach depends on your attitude.

So it is your attitude that determines your altitude in life !!!!!

All these and more will be discussed in our thought provoking and life changing sessions. We will elaborate on how one can be successful as well as happy.