

## Programme Director

**Dimple Grover**

Dates : 25–27 Sept 2017

Fee : ₹ 34,000/-  
(US \$ 1495) +  
Applicable Service Tax

## ABHIVYAKTI – BUILDING PERSONALITY AND MANAGING STRESS USING STORIES AND THEATRE

### Programme Overview

“Abhivyakti” - the inherent trait of self expression is often lost to our social conditioning, as part of our growing up as adults. We often wear mask (a persona) to manage our real selves. The mask plays an important role in hiding our true feelings and emotions to manage our day to day affairs, often resulting in undue pressure and distress. Inability to express leads to emotional built up resulting in various life style diseases as well.

Scientists are recognising and acknowledging the fact that by mindfully engaging oneself through creative arts helps an individual release his various built up emotions and negative feelings. Catharsis - releasing of repressed emotions helps an individual in not only releasing his negative emotions but also in gaining a breakthrough from his various irrational thoughts.

### Impact

The focus of the programme Abhivyakti – Building Personality and managing stress using stories and theatre practices is directed at developing an understanding towards self. It will help building an orientation towards mental wellness leading to high efficiency and effectiveness in the organisations. It will help the executives to identify stressors, develop resilience and build their energies in achieving not only their personal goals but also organisational goals. The programme will benefit the organisation in developing healthy employees, reducing absenteeism and managing conflict. The programme will be an eclectic mix of psychological tools using stories, narratives, and theatre practices to fill the gap between one’s original self and persona.

### Participant Profile

Middle and Senior Level Executives