

Arogaya CIBioD and NIVEDITA in association with Centre for Innovation and Bio Design (CIBioD) brings a unique in its kind

MID TERM MENTORSHIP PROGRAMME

(to harness the potential of women professionals in the mid of their career)



Highlights of the programme

Let us define our success on our terms, achieve it by your own rules, and build a life we are proud to live. Let us be part of imminent initiative



Nominations are open now

To fill nomination form click or scan below



<https://forms.gle/17QgK3eHeJPX1Ssq9>

www.cibiod.in



Your Attitude is your Universe: Knowing and Mastering yourself

Oration Skills

Self Confidence: Boosting own Super Power

Current Affairs and Global Scenario: Investment in Knowledge

Happiness at Work: Acceptance and Empathy

Conflict Management: Personal and Social

The Monk with the Family: Zorba The Buddha

Personality Development

Explore and Planning: From Speed to Velocity (your direction matters)

Managing Emotional Intelligence at Workplace: Execute What You Plan

Career Counselling: Exploring the Unknown Dimensions

Conflict Management: Professional

Professional Ethics: Principles, Moral and Integrity

Peer Learning/Smart Skill Learning: Learning by Experience



Professional Growth

Exploring Habits: Maker and Destroyer of a person

Yog and Meditation for Healthy Mind: The Greatest Treasure

Emotional Well-being and Exploring Sub Conscious Happiness Quotient

Connecting with yourself: Fit Mind, Fit Body

Stress Detoxification: Stressed to Blessed

Balanced Use of Social Media



Self-Care

Themes

Work-Life Balance: Because your time is valuable

Professional and Personal Commitments: Planning and Time Management

Overcoming Procrastination

The Theory of Relativity: Hold the Speed of Time in Your Hands



The Life Clock



3Es of Team Building: Expertise, Experience and Excellence

Leadership-Team Formulation and Management: Be an Achiever

Nurturing Team: Reflection of a Leader

Planning, Execution and Target Achieving

Leadership Management

A Random Walk to Financial Security

Innovation and Entrepreneurship: Key to Mid-Term Financial Revolution

Smart Investor: How and Where to Invest

Bridge over the Swamp: Legal Aspects and Awareness



Financial Security and Management