

MKSSS's Smt. Hiraben Nanavati Institute of Management & Research for Women

Collaborative Activities

Report - Interpersonal Skills

Date – 13/06/2023

Sonal Athvankar – All Weather Ventures

OBJECTIVE FOR THE SESSION: The objective of the session was to empower participants include communication, empathy, teamwork, and collaboration, are critical for success in the workplace. Employees who excel in this area typically enhance team performance, improve workplace dynamics, and foster positive working relationships.

SESSION OVERVIEW:

- They excel in active listening and always offers thoughtful feedback and suggestions.
- They demonstrate exceptional empathy and compassion in their interactions with colleagues.
- They effectively mediates conflicts, helping team members navigate difficult conversations and find solutions.
- They are approachable, accessible, and receptive to others' ideas and needs. Builds rapport effortlessly with everyone they interact with.



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Report - Confidence Building

Date – 14/06/2023

Sonal Athvankar – All Weather Ventures

OBJECTIVE FOR THE SESSION: The objective of the confidence-building session was to empower participants with practical techniques and strategies to enhance self-confidence.

SESSION OVERVIEW:

Necessary things for confidence building while public speaking

- Maintain Eye contact ● Take a deep breath
- Have a proper gesture and posture ● Take necessary pauses
- Improve English Speaking ● Avoid fillers (a, like, so, that etc.)

Guest introduced 3 V's of communication i.e. are following 1. Verbal (words) 2. Vocal (tone) 3. Visual (expression, gestures, postures) Verbal, Vocal & Visual contribute 7%, 38%, 55% in communication respectively.

