

Army Institute of Management and Technology

Greater Noida

Guest Session: “COACHING FOR SELF DEVELOPMENT”

Coaching is just like therapy which allows people to speak out what is in their mind without having a feeling of being judged or commented on. It provides a way to self-discovery, self-acceptance and brings mental peace. Self-development is a conscious process of improving oneself in various aspects of life. It's a constant pursuit of growth by developing skills, competencies, and knowledge. The goal for self-development is to be a self-fulfilled person.

It was an honour to have Dr. Rashmi Maini, a Ph.D. in Human Resource Management from Faculty of Management Studies, University of Delhi, presently working as an Assistant Professor in the area of HR & OB at Jaipuria Institute of Management, Ghaziabad FOR TAKING A SESSION ON “Coaching” scheduled on 07 May 2022 for MBA HR specialization students.

The objective of the session was to make us understand the importance of Coaching and to know more about one's own self.

The key takeaways of the session were as follows:

1. How to analyse our strengths, weakness by answering certain set of questions.
2. Further analyse our answers and see how they are linked with our personality.
3. Importance of Coaching.
4. How Coaching is different from mentoring, therapy, consulting, teaching, coaching & training.
5. Benefits of Coaching
6. How coaching helps in boosting our self-confidence, attainment of one's goal, goal setting and improving performance.
7. How Coaching helps in the area of Anxiety, Stress, Mental Health, Depression etc.
8. Self-coaching, a skill worth cultivating.

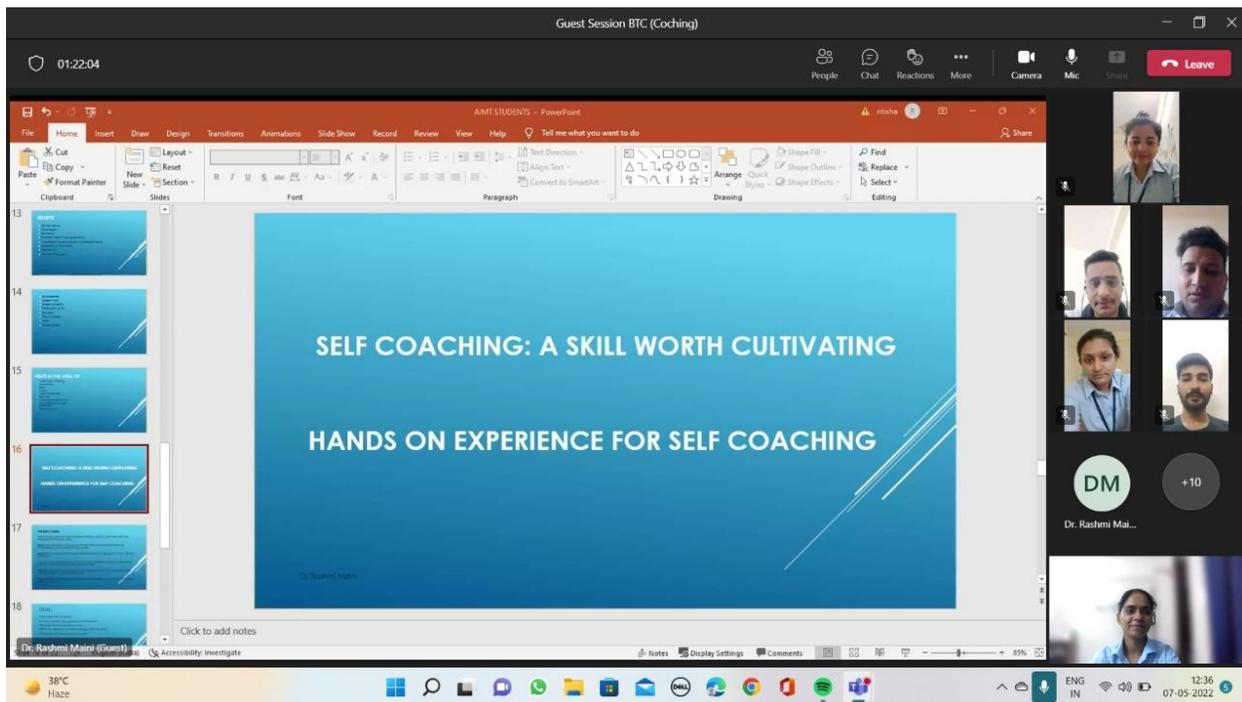
Dr. Rashmi made the students understand that “Self-coaching is the process of guiding our growth and development, particularly through periods of transition, in both the professional and personal

realms”. She explained the idea of self-coaching by taking one volunteer from the class and performing Coaching on her.

These core components of self-coaching session are self-reflection and inner dialogue; constructive thinking; and the use of models, powerful coaching questions, exercises, and strategies. She also threw light on the fact that self-coaching requires and cultivates high levels of self-regulation and self-motivation which are two integral parts of self-leadership.

At the end, Dr. Rashmi sums up her lecture by saying “Self-coaching, a skill worth cultivating, as it is us who can handle ourselves, it all started inside us, we are the one who can change it.

The session ignited the spark of getting to coach oneself in a more through manner. At the end Dr. Babita Bhati gave vote of thanks.



The screenshot displays a Zoom meeting interface. The main window shows a PowerPoint presentation titled "Guest Session BTC (Coaching)". The current slide features a blue background with white text that reads: "SELF COACHING: A SKILL WORTH CULTIVATING" and "HANDS ON EXPERIENCE FOR SELF COACHING". The Zoom interface includes a top toolbar with icons for People, Chat, Reactions, More, Camera, Mic, and a red "Leave" button. On the right side, there is a vertical grid of participant video thumbnails, including one for "Dr. Rashmi Mai...". The bottom of the screen shows the Windows taskbar with various application icons, the system tray displaying "38°C Haze", "ENG IN", and the date "07-05-2022".