

Agenda of IEEE Catalyst: - Refuelling Mid-Career

S No	Time	Theme	Topics	Methodology
1	8:30 to 8:45	Registration	<ul style="list-style-type: none"> Registration by the Participants to the Front Deck 	
2	8:45 to 9:00am	Introduction	<ul style="list-style-type: none"> Welcome to the Participants Context Setting for the Program List of the Participants Introducing Coach 	Supriyo Das
3	9:00 to 10:15	Managing Expectations	<ul style="list-style-type: none"> Managing customers' expectations – when and how The myth of under-promise and over-delivery Role of expectation management in creating customer satisfaction Being assertive and yet polite Exploring inter-dependencies The role of trust and credibility Shaping decisions by influencing Influencing without authority Negotiation Skills 	<p>Interactive Presentation</p> <p>Case-lets</p> <p>Inter-group discussion on influencing – Role Play by the participants</p> <p>Exercise on Trust</p>
	10:15 to 11:30	Bridging the Generation Gap	<ul style="list-style-type: none"> Different generations at the workplace Characteristics of different generations Difference in Ethics, Beliefs & Behaviours Understand their priorities How to connect & bridge the gap across generations Leveraging multi-gen workforce Managing Multi-Geo Teams amid Cultural Differences 	<p>Interactive Presentation</p> <p>Video on managing multi-gen workforce</p> <p>Case-lets</p> <p>Success stories from the industry – Dr Alok DE</p>
Tea / Coffee Break 11.30 to 11.45				

3	11:45 to 1:00pm	Stress Management & Work Life Balance	<ul style="list-style-type: none"> • Introduction, Context Setting • Participants view of stress • What really is stress • Causes of stress • What can be done – destressing yourself • Regulating Emotions, dealing with fear • Active & Passive coping styles • Distress vs Eustress • Discovering destressing hormones • Social support • Work life balance – working style • Ensuring work life balance for your teams • Your approach towards work 	<p>Interactive Presentation</p> <p>Story Telling – personal experience of managing stress</p> <p>Sharing of experience and best practices by the participants</p> <p>Self-Reflection by the participants on causes of their stress – in small groups</p> <p>Participants to pick up 5 actions they will take and create mental bandwidth</p>
Lunch Break 13.00 to 13:45				
4	13:45 to 15.00	Change Management	<ul style="list-style-type: none"> • Changing environment – the VUCA world • When is change relevant • Types of change • How does a change journey look like • Different roles in a change journey • Dealing with resistance • Transition management • How to be Assertive? • Developing Skills to adapt to Change 	<p>Interactive Presentation</p> <p>Framework for managing change</p> <p>Participants to share their experience</p> <p>Ideas on managing change with industry examples</p> <p>Case-lets</p> <p>Change Management – Expert Speak (Tathagata Verma)</p>
Tea / Coffee Break 15.00 to 15.15				

5	15:15 to 16:30	Career Choices	<ul style="list-style-type: none"> • Different career paths • Vertical and horizontal growth • The power of width vs depth • Identifying your next role • Preparing yourself for next role / career • Essentials for Successful Career Planning • Supporting your team in their career planning 	<p>Interactive Presentation</p> <p>Instrument on their preferred role</p> <p>Examples of drastic horizontal movements</p> <p>Q&A with Participants – Ravkiran & Vasantha Erraguntia</p> <p>Insights and Learnings of overall Program from Subhash – 5 minutes</p>
6	16:30 to 16:45	Wrap up & closure	<ul style="list-style-type: none"> • Certificate Distribution • Wrap Up • Photo Ops 	Participants share in large group