



## Koneru Lakshmaiah Education Foundation

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### ACADEMIC STAFF COLLEGE

26.12.2017

One day Faculty Development Program on Team Building and Stress Management on 26.12.2017 by Ms.V.Dolly, Asst.Prof., Organized by Academic Staff College in Rose Hall.

It was conducted in two Sessions. The forenoon session was on Stress Management, and afternoon Session was on Team Building.

#### **Stress Management:-**

It started with brain-storming the Participants about Stress and its causes.

Stress is a fact of everyday life but, too much stress makes us ineffective and reduces the control we have over our lives.

This workshop helps one to identify his/her personal difficulties, reflect upon stress management.

The objectives of the sessions were:

Participants would be able develop the ability to;

- Understand how stress works and develop sustainable behavior
- Develop a balanced lifestyle in order to control stress.
- Recognize negative Stress and its Symptoms.
- Utilize effective relaxations and stress reduction
- Develop a personal action plan for Stress Management

At the end of the session, participants would be able to understand the stressors, negative and positive stress and techniques to handle it. This empowers them to lead a balanced and healthy life.

An assessment test on the topic was conducted at the end of the workshop.

**Team Building :**

Team building is vital for all motivated, successful teams. It's important to learn how to communicate clearly, resolve conflicts and work to the stresses of the team.

This workshop involved plenty of discussions, exercises, role-plays and communication activities.

The overall objectives are to achieve high performance, take the group through various stages of development until it achieves its goal.

The Four Stages, Forming, Storming, Norming and Performing were explained with clarity of the ladder of Team-Building objectives,

Participants have a much better chance of developing team effectively.

At the end of the session, the participants were able to understand

1. Team
2. Common Goal
3. Teams harmony
4. Outcome Oriented
5. Compatibility

An assessment test was conducted at the end of the Workshop.