



K L University
(Koneru Lakshmaiah Education Foundation)
Estd. u/s 3 of UGC Act 1956

Green Fields, Vaddeswaram, (via) K.C. Works P.O. - 522 502, Guntur District, A.P.

Phones: 08645-246948, 246615 ' FAX: 08645-247249, 0866-2577902

Constituent College KLCE Accredited by NAAC with CGPA 3.76/4.00

Approved by A.I.C.T.E ± Accredited by N.B.A.± ISO 9001-2000 Certified

Academic Staff College

1-day seminar on need for psychological balance and personality development by Mr.P.Subba Rao, NLP Trainer and psychologist, Prathyusha counseling and HRD Centre on 25.07.2016 by Academic staff college and KLU Business School.

He described seven concepts of positive mental health: effective functioning, strengths of character, maturity, positive emotional balance, socio-emotional intelligence, life satisfaction (true happiness), and resilience. His descriptions reflect his outstanding contributions to the epidemiological investigation of mental health as well as his affiliations with psychoanalysis and positive psychology. He makes the valuable observation that these seven concepts of well-being overlap extensively.

The development of well-being must involve such a complex adaptive system because the same personality traits can lead to different health outcomes (i.e., multi-finality), and different sets of personality traits can lead to the same health outcome (i.e., equifinality). As a result, linear stage models of development like those of Erikson, Piaget, and Kohlberg are inadequate.

The feedback dynamics of well-being has hopeful implications for mental health care because it means that there are multiple paths to well-being that can be accommodated by the unique strengths and weaknesses of each person. At the same time, such complex dynamics presents a severe challenge for the validation of distinct measures of the components of well-being. Measures of all seven of the concepts of well-being described by Vaillant are moderately correlated with Temperament and Character Inventory (TCI) measures of maturity (i.e., self-directedness and cooperativeness) and low harm avoidance. Regrettably, the residual variability is not well understood in terms of content, structure, or function of other personality dimensions like self-transcendence and persistence, although progress is being made.

The outcomes of the workshop

- Able to build self-confidence, enhance self-esteem
- Able to improve overall **personality** of the participants.
- Able to groom the participants through sensitizing them about proper behavior, socially and professionally, in formal and informal circumstances.



Mr. P. Subbarao, Counselling Psychologist, NLP Master Trainer, Personality Development Trainer, Prathyusha Counseling & HRD Centre, Guntur delivering lecture on 25 July 2016. He emphasized the need for psychological balance and personality development.