

MOOD MANAGEMENT TRAINING SESSION

CONDUCTED ON 27.05.2009

By Mr. Uday Acharya, Director – Mindflex

50 EXECUTIVES AND SUPERVISORS PARTICIPATED IN THE MOOD MANAGEMENT TRAINING WHICH INVOLVED SIMULATIONS, ROLE PLAYS, MONO ACTING AND OTHER IMPORTANT TRAINING TOOLS.



THE WHOLE CONCEPT OF THE TRAINING WAS PLANNED ON MOOD SWINGS AND HOW WE CAN CONTROL OUR IMOTIONS AND MOOD IN DIFFERENT SITUATIONS. MR UDAY ACHARYA THE TRAINER EXPLAINED HOW & WHY IT IS IMPORTANT TO CREATE WORK LIFE BALANCE.



EXECUTIVES & SUPERVISORS LEARNING THE IMPORTANCE OF
MAINTAINING GOOD MOOD & HIGH MORALE IN HOSPITALITY
INDUSTRY.



Training Session In Radisson Resorts Property & Spa

Dear Mr. Acharya, We have liked the format and overall concept of training. Please find some of the picture clicked during the session..... Best Regards, Ashok Chaudhary