

Webinar Title: Happiness in a VUCA World

Expert Speaker: Mr. Davis Abraham, Training Head, ViGEO

Webinar Date: 10.08.2020 | **Duration:** 90 minutes

About Webinar: In today's Volatile, Uncertain, Complex and Ambiguous (VUCA) world, happiness seems so distant. There seems to be more reasons to be discouraged and disappointed with life than ever before. In this webinar, we will look at some objective ways to purposely choose happiness in all the circumstances of life. We will learn a few critically acclaimed frameworks for happiness in the workplace, home and personal life.

Webinar Coverage: The webinar will cover the why, what and how of happiness in the workplace and life.

Speaker Profile:- Mr. Davis Abraham is a passionate communicator at heart and has been a trainer in schools, colleges & businesses for the past seven years. An M.Tech. graduate from NIT Calicut, Davis has a Professional Diploma in training from Asian College of Teachers and is a certified Happiness Coach from the Berkeley Institute of Wellbeing, California.

Davis Abraham has conducted over 100 workshops, interacting with 10,000+ people including students, teachers and professionals from the corporate and public sector. His recent online training workshops on *Maximising Productivity* and *Conflict Resolution* hosted by ONGC Academy was well received by over 250 ONGCs.

Register to learn:

- The case for happiness
- The Science of happiness
- Know the happiness thieves
- PERMA model of happiness
- The way forward

Date: - 10.08.2020 (Wednesday)

Time: - From 03 PM to 04.30 PM

Registration Fee: (Including GST) 300/-

Register in advance for this webinar: NPC, RD Bhubaneswar

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