







Residential Training Programme on

# Leadership

    Skills & Work-Life Balance

22nd – 25th July 2025 | Mount Abu (Rajasthan)

For Registration



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# Background

In today's dynamic world, possessing a wide range of skills is crucial for personal and professional growth as it helps in enhancing one's performance and achieve career goals. Of all skills, leadership skills are one of the most crucial skills for personal, team, and organizational growth. Effective leaders can motivate and inspire others, foster collaboration, and guide teams towards achieving common goals, ultimately contributing to a positive work environment. Effective leaders prioritize both their own well-being and the well-being of their team, fostering a work environment where balance is maintained.

PHDCCI is delighted to invite your organization to a specially curated 4-Days Residential Training Programme on Leadership Skills & Work-Life Balance for those who are at a growing career phase to take the insights from the programme and implement in their daily routine. The Programme will guide the young leaders to prioritize the time needed for achieving professional goals, personal growth, leading to improved mental health, stronger relationships, and increased overall well-being which also helps in reducing stress, prevent burnout, and foster a healthier and more productive lifestyle.

## Focus Areas of the Residential Training Programme

- 🎯 **Day-1** : How to achieve Work-Life Balance
- 🎯 **Day-2** : Stress Management and Time Management
- 🎯 **Day-3** : Leadership Skills and Leadership Styles



### Takeaways

- 🔑 Expert-led sessions and real-world case studies
- 🔑 Encouraging Work-Life Balance in Workplace
- 🔑 Unique blend of learning, networking and rejuvenation

## Programme Fee:

**Rs. 60,000/- + GST  
per participant**

(Includes training materials, accommodation for 3 nights, meals and local sightseeing)

## Seats are limited

**Secure your spot early**

## Bank Transfer Details

Name of the Beneficiary  
PHD Chamber of Commerce and Industry  
Bank – Bank of India  
Account No. – 602220100010035  
IFSC Code – BKID0006022  
GST No. – 07AAACP1438L1ZE  
PAN No. – AAACP1438L





# Program

## 4-DAYS - RESIDENTIAL TRAINING PROGRAMME ON **LEADERSHIP SKILLS & WORK-LIFE BALANCE**

### DAY-1 (22nd July 2025)

#### How to achieve Work-Life Balance



12:00 PM – Check-In at Hotel  
01:00 PM – Lunch at Hotel  
03:00 PM – 04:00 PM – Programme kick-off and objectives  
04:00 PM – 05:00 PM – Work-Life Balance & Strategies for Ideal Work-Life Balance  
05:00 PM – 06:00 PM – Work-Life Balance - Challenges and Solutions  
06:00 PM – Hi-Tea  
07:00 PM – Evening Reflection and Group Insights  
08:00 PM – Networking Dinner

### DAY-2 (23rd July 2025)

07:30 AM – Morning Walk / Wellness Activity  
09:30 AM – Breakfast  
10:30 AM – 11:30 AM – Techniques for Stress Management  
11:30 AM to 12:30 PM – Tips to master Time Management  
12:30 PM – Networking Lunch  
After Lunch – City Tour  
08:00 PM – Networking Dinner



#### Stress Management & Time Management

### DAY-3 (24th July 2025)

#### Leadership Skills and Leadership Styles



07:30 AM – Yoga / Nature Walk (optional)  
09:30 AM – Breakfast  
10:30 AM – 11:30 AM – Qualities of becoming a Good Leader  
11:30 AM – 12:30 PM – Open Floor Discussion  
12:30 PM – 01:30 PM – Developing and Improving Leadership Skills through different Leadership Styles  
01:30 PM – 2:00 PM - Open Floor Discussion

### DAY-4 (25th July 2025)

07:30 AM – Yoga / Nature Walk (optional)  
09:30 AM – Breakfast  
10:30 AM – 1:00 AM – Summarizing  
01:00 AM – 01:30 PM – Open Floor Discussion and Feedback  
01:30 PM – 02:30 PM – Valedictory Session  
02:30 PM – Networking Lunch



#### Valedictory Session

### DAY-5 (26th July 2025) Check-Out & Departure



## About PHDCCI

PHDCCI has been working as a catalyst for the promotion of Indian industry, trade and entrepreneurship for the past 120 years. It is a forward looking, proactive and dynamic PAN-India apex organization. As a partner in progress with industry and government, PHDCCI works at the grass roots level with strong national and international linkages for propelling progress, harmony and integrated development of the Indian economy.

PHDCCI, acting as the “Voice of Industry & Trade” reaching out to more than 1,50,000 large, medium and small industries, has forged ahead leveraging its legacy with the industry knowledge across multiple sectors to take Indian Economy to the next level.

At the global level, we have been working with the Embassies and High Commissions in India and overseas to bring in the International Best Practices and Business Opportunities.



### For more details, please contact:

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**PHD Chamber of Commerce and Industry**

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