



Creating work-life balance and managing stress: A programme for women executives

March 12, 2021

International Management Institute, Kolkata (IMI-K)

IMI Kolkata is AICTE approved, NBA accredited and NIRF ranked 52nd (as per NIRF 2020 ranking) in India. The 2.71 acre Campus is centrally located in the heart of the city at Alipore, Kolkata, and is easily approachable to the major railway station and international airport. The campus is equipped with state-of-the-art infrastructural, academic and residential facilities. The faculty members are highly qualified with wide experience from industry and academia. The institute has a number of international collaborations in France, Spain, Finland, Canada, USA, Brazil, Mexico, China and Bangladesh.

Benefits of attending the programme

Work-life balance is the state of equilibrium where a person equally prioritizes the demands of one's career and the demands of one's personal life. However, it becomes more challenging for a woman. This programme will help the participants to understand how they can bring work-life balance and gain more flexibility in professional life while still having time and energy for personal life.



Course objectives & outcomes

To help women executives understand the meaning and necessities of work-life balance. This programme will provide some strategies for women executives to overcome the issues of poor work-life balance, in today's increasingly demanding professional life.

Course Content

- Understanding the symptoms of poor work-life balance
- Identification of root cause
- Benefit of work-life balance
- Strategies to gain harmonious work-life balance

Mode of delivery Online

For whom

Lower, Middle and Senior level women executives

Faculty

Dr. Rachana Chattopadhyay
(Professor- OB & HRM; Dean- Academics)

Duration

3:00 – 6:15 pm, 2 sessions (1.5 hours each)

To register Click on [Registration Form](#)

Fees & Bank details:

INR 1500* + 18% GST

(* If there are 3 or more participants from the same organisation, additional 10% discount will be applicable on the fees)

After payment of fees, please send the transaction ID with the name(s) of participant(s) to the mail id given below.



BANK ACCOUNT DETAILS FOR E- TRANSFER: THROUGH NEFT / RTGS

PAN:	AABTA8025E
Bank Name :	AXIS BANK
Account Holder name	International Management Institute Kolkata
IFS CODE:	UTIB0000391
ACCOUNT NO :	911010066934574
Branch :	PANCHANANTALA BRANCH, HOWRAH
MICR:	700211026
Address :	PANCHANANTALA BRANCH, 2 DESHPRAN SASHMAL ROAD, HOWRAH, PIN: 711101

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