

**SHOOLINI
UNIVERSITY
SOLAN, HP**

Report on Additional Support for Learning - V EMPOWER Coaching



The VE -V Empower Coaching program

Topic – Session 2:

Working Styles in action: Making the most of our preferred styles.

Monday, 31ST of May 2021

The VE -V Empower Coaching program being run at the Shoolini University organized its 2nd session in the series of seminars to be conducted for student development aimed at empowering the youth which will be continued in the future as well. The sessions are being organized by Ms. Payal Jindal Khanna under the esteemed guidance of the Honorable VC Prof Atul Khosla.

Distinguished guest facilitator for the session, Ms. Jayashree Marakini Braganza, an ICF [International Coaching Federation] Certified Coach and a Consultant led an interactive and engaging session on the Topic Working Styles in action: Making the most of our preferred styles.

Important questions like how we can maximise the benefits of our working styles while avoiding the pitfalls, were attended to.

Ms Payal Jindal Khanna, Senior Coach at the Shoolini University quoted, Tim Robbins a bestselling author, as an opening remark.

She said that your working style is the way that you go about your day-to-day tasks on the job.

She further stated that: Everyone has his or her own working style – or strategy – for optimally performing while at work.

Pertinent questions were put forth-

- Are you more efficient when you're working independently and are responsible for your own schedule and tasks?
- Or do you like having a team/group of peers to give feedback on your ideas, provide support and help you stay on track?
- Do you routinely bring emotion into what you do or do you focus on the facts?
- When it comes to problem-solving, do you pay close attention to details or are you more of a big picture type?

The session focus under Ms Braganza was on the fact that –

1. We all have a unique combination of the 5 working styles.
2. These working styles impact so much of what we do and how we do them, including our how we turn up in class, our relationships, time management or even how we respond to a pandemic.

The screenshot shows a Zoom meeting in progress. The main window displays a presentation slide with the name 'Roshan' and an illustration of a man at a desk. To the right of the illustration is a list of working styles. The sidebar on the right shows five participants: Jayashree Marakini, Payal Khanna, Archana tyagi, Sushma Banthia, and PCD/2020/032--Ankita S... The bottom control bar includes icons for Unmute, Stop Video, Security, Participants, Chat, Share Screen, Record, Breakout Rooms, Reactions, and More, along with an 'End' button.

ICF Coach Ms. Braganza outlining the working styles

The participants attempted a quick questionnaire that helped them unearth their styles. Ms. Jayashree said that no style is more significant or better than the other. Each Style has strengths and "Shadow Effect". All we need to see is how we can maximize the strength and balance the shadow. The audience pondered upon significant thoughts on the topic like-

- Look at how our style influences how we study?
- How we collaborate in group projects?
- How we build relationships?
- How can we coordinate with someone with a different style?
- In this coordination how can we maximise the combined styles of all individuals in the group?
- As leaders in our own sphere, how can we support our team members based on their style?

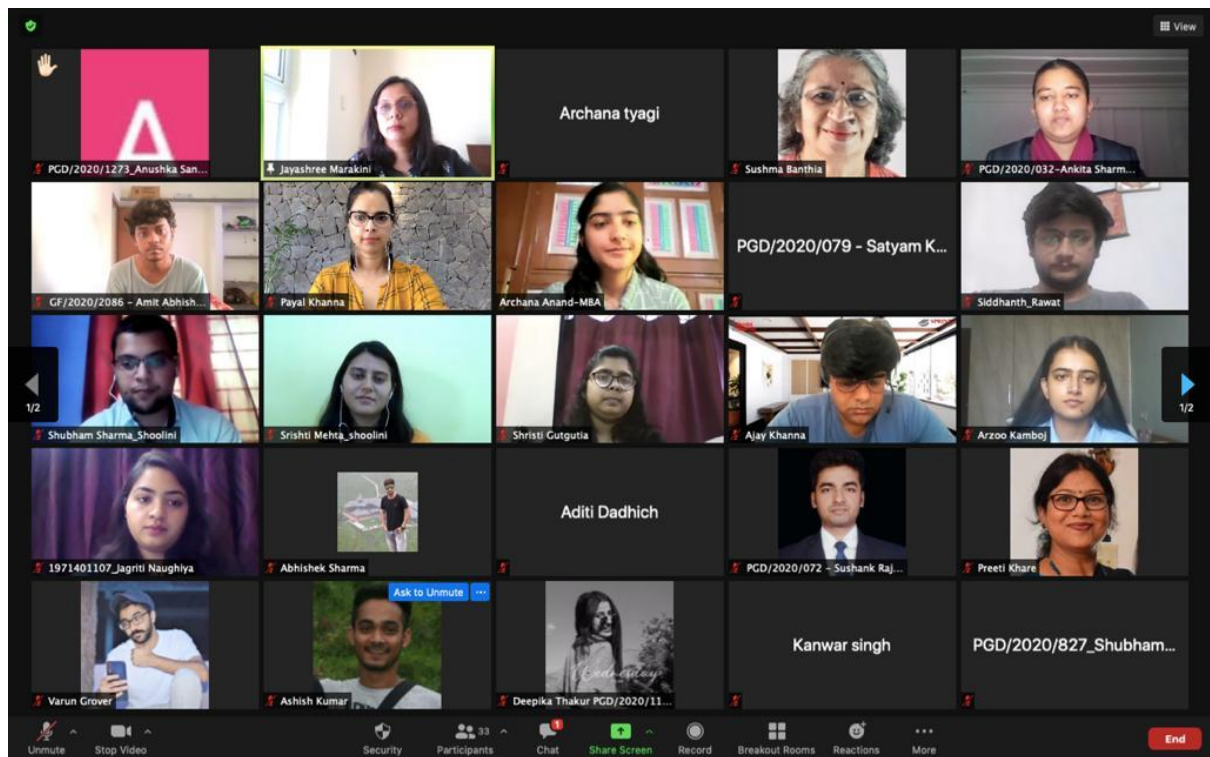
She helped ease the understanding by using relevant examples:

For instance, in a group project, how can a 'be perfect' style work in harmony with a 'hurry up' style?

In a relationship, how can a 'please others' style and a 'be strong' style build a mutually rewarding relationship?

If I have a 'be strong' and a 'try hard' combination, what potential pitfalls do I watch out for.

The session allowed immediate interactivity and real-time conversations. Students walked away with a plethora of learnings. Ms. Payal congratulated the facilitator for conducting a fruitful session and she stressed that there is no right or wrong working style. The key is to know your own style so you can be more aware of how you're communicating with others.



The audience and the ICF Coach Ms. Braganza engaged in a brainstorming session

19 Students attended the session -Working Styles in Action- by Ms. Jayashree.

1. Shubham Sharma
2. Ashish Kumar
3. Srishti Mehta
4. Aditi Dadhich
5. Ankita Sharma
6. Siddhant Rawat
7. Satyam Kumar
8. Sushank Raj
9. Abhishek Sharma
10. Archana Anand
11. Varun Grover
12. Arzoo Kamboj
13. Deepika Thakur
14. Anushka Sankhwar
15. Jagriti Naughiya
16. Shristi Gutgutia
17. Labham Dubey
18. Meghna Soni
19. Bhawna thakur

The session closed on a high note with the participants walking away with great experiences and learnings