



# MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE

(UGC-AUTONOMOUS INSTITUTION)



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**A Report on**

**“Boosting Self-Esteem in Professional Set up”**

**Organized by**

**Internal Complaint Committee**

**on**

**25.10.2024**

## MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE

(UGC-AUTONOMOUS INSTITUTION)

Madanapalle - 517325, Annamayya Dist., Andhra Pradesh, India

**A Guest Lecture**

On

**“Boosting up Self-Esteem in Professional setup”**

Organized by

**Internal Complaints Cell**

**Target Audience: MBA Students**

**Date: 25/10/2024**

**Time: 3:00 PM**

**Venue: KKB-002**

**Resource Person**

**Mrs. U. Vijaya Lakshmi**

**Senior Manager - IRO & Institute Counsellor**

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ICC Chairperson  
HOD/ Dept. of MBA

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**Report Submitted by: Dr.K.V. Geetha Devi, ICC Chairperson**

**Resource Person Details: Mrs. U. Vijaya Lakshmi Senior Manager - IRO & Institute Counsellor**

**Mode of Conduct: Offline**

**Venue: KKB-002**

**Total Participants: 112**

**Report Received on 25.10.2024**

## The workshop aimed to achieve the following objectives:

1. Provide a comprehensive understanding of self-esteem and its significance and impact on professional and personal life.
2. Explore internal and external factors that influence self-esteem in a professional setting.
3. Equip participants with strategies to enhance their self-esteem and boost their confidence.
4. Help participants build resilience to cope with workplace challenges and improve their emotional intelligence.
5. Emphasize the role of organizations in fostering an environment that supports and nurtures employee self-esteem.

## Introduction:

Vijaya Lakshmi mam introduced the concept of self-esteem to the students. Self-esteem is the belief in our worth, abilities, and values. It is not about arrogance or overconfidence but about recognizing our strengths while being aware of areas for growth. In a professional setting, self-esteem manifests as:

- Confidence in one's skills and decisions.
- Adaptability to new challenges.
- Resilience in the face of setbacks.

Later on she explained how Self-esteem plays a crucial role in:

- **Enhancing productivity:** Confident professionals are more likely to take initiative and contribute ideas.
- **Effective communication:** High self-esteem fosters assertiveness, enabling clear and respectful communication.
- **Leadership development:** Leaders with healthy self-esteem inspire and motivate their teams.
- **Mental well-being:** It reduces stress, anxiety, and the risk of burnout.





### **Key Activities:**

1. Vijaya Lakshmi mam Engaged participants through interactive discussions, case studies, and group activities.
2. Participants evaluated their self-esteem levels using scientifically validated self-assessment tools.
3. Participants practiced assertive communication and decision-making through role-playing exercises.
4. Guided meditation and visualization exercises were conducted to help participants build a positive self-image.
5. Each participant created a personalized action plan to implement the strategies learned during the workshop.

After a detailed explanation, she explained the challenges to self-esteem in the workplace. The main points she discussed are listed below:

### **Challenges to Self-Esteem in the Workplace**

In a professional environment, several factors can undermine self-esteem:

- **High competition** and comparison with peers.
- **Negative feedback** or lack of recognition.
- **Work-life imbalance** and chronic stress.
- **Imposter syndrome**, where individuals feel unworthy of their achievements.



### **Outcomes of the Event:**

1. Participants gained insights into their strengths and areas for improvement.
2. Participants demonstrated improved assertiveness and clarity in communication.
3. Participants gained a deeper understanding of their strengths, weaknesses, and areas for personal development.