

# *Workshop on* **Productivity, Motivation & Wellness in the New Normal**

**28-29 August, 2025**  
**CBIP, New Delhi**



***Organized by***



**Central Board of Irrigation & Power**

***Supported by***



**Central Electricity Authority**

## PROGRAMME INTRODUCTION

Over the past few years, our working lives have been reshaped in profound ways. Hybrid and remote work are now part of our everyday vocabulary. Traditional ways of leading, managing time, and staying motivated no longer fit the reality many of us face. The shift hasn't just been logistical—it's been deeply human. It has challenged how we engage, how we lead, and how we sustain performance over time.

This workshop is a response to that shift.

We've brought together these sessions to give you the space to step back, reflect, and reimagine what productivity, motivation, and well-being mean in today's context. Across these two days, we'll explore how to adapt leadership and performance in an environment marked by constant change, digital demands, and rising pressure on both individuals and teams.

## PROGRAM OBJECTIVES

This workshop aims to:

- Enhance participants' understanding of productivity and motivation challenges in the post-pandemic 'new normal'.
- Introduce practical tools and techniques to boost personal and team productivity.
- Help participants cultivate resilience, emotional well-being, and a balanced lifestyle.
- Foster a positive mind set and adaptability to navigate change and uncertainty.
- Encourage the integration of wellness strategies into daily work life for sustained performance.

## LEARNING OUTCOMES

After completing the workshop, participants will be able to:

- Identify and overcome common productivity barriers in hybrid and remote work environments.
- Apply motivational strategies to stay engaged and inspire teams.
- Develop personalized action plans for maintaining work-life balance and well-being.
- Practice simple mindfulness, stress management, and self-care techniques.
- Adapt proactively to changes and challenges in professional settings.
- Enhance communication and collaboration skills for higher team effectiveness.

## PROGRAM DELIVERY

Through a mix of interactive discussions, real-world examples, and personal reflection, this experience is designed not just to inform, but to equip you with practical tools you can take back and use right away.

We invite you to engage fully—bring your questions, your challenges, and your insights. Whether you're here to sharpen your own approach or to support your teams through change, this workshop is a space to pause, realign, and move forward with clarity.

## PROGRAM STRUCTURE

### Day 1 will focus on how we work:

- What productivity looks like in a hybrid or remote world
- How we lead ourselves and our teams during times of uncertainty
- What truly motivates people now, and how we can use digital tools more effectively

### Day 2 will turn to how we sustain performance:

- Addressing stress, burnout, and resilience—especially in leaders
- Managing our personal energy so we can bring our best selves to work
- Building cultures that support wellness without compromising results

## WHO SHOULD ATTEND

This workshop is ideal for:

- Working Professionals navigating hybrid or remote teams and seeking to boost their productivity and motivation
- Employees adapting to new work-life challenges post-pandemic
- Anyone interested in enhancing personal well-being, emotional resilience, and work-life harmony
- **executives of any discipline having five or more years of work experience may attend this program.**

## DATES AND VENUE

The program will be held on 28-29 August, 2025 at CBIP Conference Hall, Malcha Marg, Chankyapuri, New Delhi  
The timing of the program would be 10 AM to 05 PM.

## PROGRAMME FEES

Fee would be Rs. 11,500/- per participant. + GST 18%.

Discounted fee Rs. 9,500/- per participant for members of CBIP. + GST 18%.

Group Discount facility would be made available for more than 5 nos. of participants from same organization i.e

The registration fee includes registration kit, working lunch, tea/ coffee during the event only. The participants will have to make their own arrangement for boarding and lodging, transport, etc. Registration fee once paid will not be refunded.

Spot registration facility will also be available provided prior Information is received.

## PAYMENT

All payments be made through cheque at par in favour of "Central Board of Irrigation & Power", payable at Gurugram OR by Bank Transfer to the following Bank Account-

Beneficiary Name : Central Board of Irrigation & Power

PAN No. : AAAJC0237F

GST No. : 06AAAJC0237F1ZW

Bank Details : Indian Overseas Bank, SCO 26, Sec. 31, Gurgaon, Haryana, PIN-122001

Saving Bank Account No. : 236701000000922 Branch RTGS/ NEFT/ IFSC : IOBA0002367

Branch Code : 2367

**After making the payment online in respect of the event, the details like UTR/Organization name to be furnished immediately.**

## ADDRESS FOR CORRESPONDENCE

**Shri. A. K. Dinkar**, Secretary, CBIP

Central Board of Irrigation and Power, MalchaMarg, Chanakyapuri, New Delhi -110021

**Shri Sanjeev Singh**, Director (Energy), CBIP

Central Board of Irrigation and Power, Centre of Excellence, Plot No-21, Sector-32, Gurgaon, Haryana-122001

Tel No: 0124-4380272, 4035267, E-mail: training@cbip.org, Website-www.cbip.org

**Nodal Officer:** Shri. Pradeep Gupta, Jt. Advisor, CBIP, M: 9910378062, E-mail: pradeepgupta@cbip.org

Shri. Priya Ranjan, Sr. Consultant (BD&HR), M: 9800848680, E-mail: pranjan@cbip.org

Shri. Jaideep Singh, Chief Manager (T), M: 9871718218, E-mail: jaideep@cbip.org

## HOW TO REGISTER

The participants/participating organizations, desirous of attending the above workshop may register themselves by sending nominations in the above mentioned emails along with necessary payments. Participants are advised to bring GST No. of their organization along with name of office to whom the invoice is to be sent.

---

## FACULTY

"Internationally acclaimed, renowned, and experienced experts from the fields of HR and wellness will be engaging the training sessions, providing an excellent opportunity for capacity building and ensuring a fully equipped and capable human capital with sound physical and mental health". May include Professional like : Sh. Rameshwar Prakash - (HR Professional), Dr. Meenakshi Davar - (HR Professional) and Dr. Ektaa Sibal (Energy Healer, Transformation Specialist and Spritual Guide), etc.



# Workshop on Productivity, Motivation & Wellness in the New Normal

28-29 August, 2025  
CBIP Centre of Excellence, Gurugram

## REGISTRATION FORM

(To be filled in block letters preferably)

Delegate \_\_\_\_\_  
(Surname) (First Name)

Designation \_\_\_\_\_

Name of Organisation \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ PIN \_\_\_\_\_

Phone \_\_\_\_\_ Mobile \_\_\_\_\_ E-mail \_\_\_\_\_

Dated \_\_\_\_\_ Signature \_\_\_\_\_

### ADDRESS FOR CORRESPONDENCE

**Shri. A. K. Dinkar**, Secretary, CBIP

Central Board of Irrigation and Power, MalchaMarg, Chanakyapuri, New Delhi -110021

**Shri Sanjeev Singh**, Director (Energy), CBIP

Central Board of Irrigation and Power, Centre of Excellence, Plot No-21, Sector-32, Gurgaon, Haryana-122001

Tel No: 0124-4380272, 4035267, E-mail: [training@cbip.org](mailto:training@cbip.org), Website-[www.cbip.org](http://www.cbip.org)

**Nodal Officer:** Shri. Pradeep Gupta, Jt. Advisor, CBIP, M: 9910378062, E-mail: [pradeepgupta@cbip.org](mailto:pradeepgupta@cbip.org)

Shri. Priya Ranjan, Sr. Consultant (BD&HR), M: 9800848680, E-mail: [pranjan@cbip.org](mailto:pranjan@cbip.org)

Shri. Jaideep Singh, Chief Manager (T), M: 9871718218, E-mail: [jaideep@cbip.org](mailto:jaideep@cbip.org)

**Note:** • Photocopies of the registration form can be used for additional requirements, if any.

• Spot registration facilities will also be available, provided the prior information is received.