



### **Report of Workshop on “Enhancement of Active Listening & Adaptability”**

<b>Name of the Activity</b>	<b>Workshop on Enhancement of Active Listening &amp; Adaptability</b>
<b>Date</b>	<b>12 November 2020</b>
<b>Venue</b>	<b>Seminar Hall Block A</b>
<b>Participants</b>	<b>Students of BBA, B.Com and BCA (189)</b>
<b>Resource Person</b>	<b>Mr Anant Aggarwal - Skill Oxide Pvt Ltd</b>
<b>Activity Incharge</b>	<b>Ms. Sapna Yadav &amp; Mr. Nitin Panwar</b>
<b>Objective</b>	To understand the importance of active listening and how active listeners are more successful managers.
<b>Report</b>	Workshop on Enhancement of Active Listening & Adaptability was organized at Mangalmai Institute of Management Technology located at Greater Noida. Enhancement of Active Listening & Adaptability is one of the most important factor in our lives. How to develop the Listening Skills? What are some of the factors that affect listening process? Criteria of adjusting authentic listening. Students were told that in listening Skills-what important factor for becoming a true listener is.
<b>Outcome of the Activity</b>	This workshop enhanced the knowledge of students about listening. They could differentiate between listening and hearing along with the role and importance of active listening.



## **Anant Agrawal**

Success Mindset Coach | Entrepreneur | Motivational Speaker | Author at Skill Oxide IT Pvt Ltd - Helping people to change their mindset to grow in life.

Professional with more than 21 years of experience in the field of Coaching, Training, Operations, and Process Management.

My experience of more than 350K man hours includes in the fields of Facilitation|Training and covering wide range of training across North India.

My training sessions cover mainly below mentioned topics:

- Sales Training
- Product and Process
- Customer Service
- Customer Delight
- Communication
- Body Language
- Time Management
- Stress Management
- Work Life Balance
- Personal Branding
- FABing Technique
- Leadership

I have authored a motivational book titled “Anant Sambhavna, Traits for Infinite Success Possibilities”