

**A WORKSHOP DESIGNED TO
HELP DISCOVER OUR STATE OF WELL-BEING,
DEVELOP OUR INDIVIDUAL STRENGTHS,
AND IDENTIFY WAYS TO IMPROVE!**

UNDERSTANDING HOW YOUR PERSONAL VALUES IMPACT YOUR WELL-BEING!

WHEN: 6TH APRIL AT 4:30 PM - 7:00 PM

WHERE: ONLINE ZOOM PLATFORM

**BASED ON THE JOINT RESEARCH PROJECT BY
IIT BOMBAY, RFR FOUNDATION, IIM AHMEDABAD,
FINISHING SCHOOL AND PLACEMENT CELL, M.L.S.U., UDAIPUR**

TOPICS TO BE COVERED:

- **INCREASING SELF-AWARENESS**
- **UNDERSTANDING DIFFERENT DIMENSIONS OF WELL-BEING**
- **ENHANCING HEDONIC & EUDAIMONIC WELL-BEING**

**SELF-CURIOSITY IS AT THE HEART
OF SELF-DEVELOPMENT &
INCREASED WELL-BEING**

Please click on this link to register for the workshop:
[http://bit.ly/WorkshopRegistrationOnValuesWellBeing.](http://bit.ly/WorkshopRegistrationOnValuesWellBeing)

