



Self Care for Budding Managers

Date: 12.12.2024	Venue: Seminar Hall, RVIM, Bangalore
Time: 12.35 pm – 1.35 pm	Resource Person: Ms. Tanjul
No. of Participants: 100	Event Coordinator: Asst. Professor Ankita Shrivastava

The transition into an MBA program marks the beginning of a demanding academic and professional journey. Budding managers are expected to handle academic pressure, group work, deadlines, internships, networking, and career uncertainty simultaneously. Recognizing that effective leadership begins with managing oneself, a session on **“Self-Care for Budding Managers”** was organized for the incoming MBA cohort.

The session aimed to help students understand that productivity, emotional intelligence, decision-making ability, and leadership effectiveness are directly linked to physical and mental well-being. Ms. Tanjul emphasized that self-care is not indulgence but a professional competency required for sustainable performance in corporate environments.

Objectives of the Session

- To create awareness about the importance of self-care in managerial effectiveness
- To help students identify signs of stress, burnout, and emotional fatigue
- To introduce practical techniques for maintaining physical and mental well-being
- To encourage work-life balance habits early in professional education
- To build emotional resilience and coping mechanisms for academic and corporate pressure
- To develop discipline and self-management as foundational leadership skills

Key Learnings from the Session

Understanding Self-Care as a Managerial Skill

- Self-care is directly connected to productivity and decision quality
- A stressed manager transfers stress to the team and workplace culture
- Leadership effectiveness begins with self-regulation
- Sustainable performance requires energy management, not just time management

Recognizing Stress and Burnout

- Burnout shows as irritability, procrastination, and reduced focus
- Overcommitment without recovery lowers creativity and problem-solving ability
- Academic pressure mirrors corporate deadlines — learning coping mechanisms early is beneficial
- Emotional awareness helps prevent conflicts in teams

Physical Well-Being Practices

- Regular sleep cycles improve concentration and analytical ability
- Movement or exercise improves cognitive performance
- Hydration and nutrition affect mood and attention span
- Small daily habits are more effective than occasional intense efforts

Mental and Emotional Wellness

- Mindfulness helps in clearer decision-making
- Pauses and breaks increase efficiency rather than reduce productivity
- Journaling and reflection improve self-awareness
- Emotional regulation improves interpersonal relationships

Time and Energy Management

- Prioritization prevents overwhelm more than multitasking
- Planning reduces anxiety before deadlines
- Saying “no” is a professional skill
- Consistency is more valuable than overworking during peak periods

Professional and Academic Balance

- Networking and learning require emotional energy, not just effort
- Personal well-being affects communication and teamwork
- Healthy routines built during MBA carry into corporate life
- Balance improves long-term career sustainability

Conclusion

The session highlighted that successful managers are not only skilled in analytics, strategy, and communication but also in self-management. By adopting simple self-care practices early, MBA students can enhance focus, emotional intelligence, and leadership readiness. The interaction encouraged students to treat well-being as a long-term investment in professional excellence rather than a short-term comfort activity.

The session by Ms. Tanjul provided practical insights and actionable strategies that will support students throughout their MBA journey and future managerial careers.

Event Coordinators



Prof. Ankita Shrivastava



Director