

C|P|S|D

CENTRE FOR PEACE, SECURITY AND DEVELOPMENTAL STUDIES



IN-HOUSE SESSION REPORT

POSITIVE MINDSET AND TEAM LEADERSHIP

14 February 2019

Copyright © 2018 Center for Peace Security and Development
Studies

D-127 Siddique lane,
KDA Scheme #1 Tipu Sultan Road, Karachi

Center for Peace Security and Development Studies (CPSD), an outreach of Dadabhoy higher educational pursuits, is a nonprofit public policy organization based in Karachi and Islamabad. CPSD – an independent, nonpartisan, and multidimensional forum – conducts research on security, political, and economic issues of national and international importance.

To access other publications of CPSD visit <http://cpsd.org.pk>

Book design by Faizan Irfan

INTRODUCTION

Positive mindset is a mental and emotional attitude that focuses on the bright side of life. Recognizing the importance of positive mindset for an individual's personal and professional life, the Center for Peace, Security and Developmental Studies (CPSD) conducted an in-house discussion on Thursday, 14th February 2019. The CPSD team in the presence of Lt. Gen. Agha M. Umer Farooq (Retd) shared its thoughts and experiences on the subject.

AGENDA OF THE SESSION

The interactive session was in line with CPSD's objective of initiating dialogue on varied topics of social and cultural significance. It contributes to the organization's career development and professional capacity building program for its employees and interns. This session helped participants in realizing multiple ways to achieve positive thinking at the workplace. It assisted them to realize the benefits of working as a team and developing leadership skills.

PROCEEDINGS OF THE SESSION

The interactive session was composed of two parts. In the first part, CPSD interns gave a presentation on the topic of positive mindset. It was followed by an interactive session, where CPSD team shared its thoughts and experiences on the subject. While talking about ways to achieve positive mindset, team members shared what keeps them positive and motivated. These include starting day with a positive affirmation, focusing on the positive events in daily life, turning failures into lessons, positive self-talk at the end of the day, and surrounding oneself with positive people. The first half of the session closed with a consensus that positive thinking leads people to have an upbeat attitude while negative thinking encourages blame and denigration. The participants agreed that positive thinking in workplace is critical for professional success and allows employees to grow as a team. Positive people makes positive environment.

The second half of the session was dedicated to the topic of teambuilding and leadership. The session began with a presentation by interns on the key attributes of a good team leader and on activities that can help build a team. It was followed by a comprehensive discussion on how a leader differs from a manager. The participants concurred on the significance of teambuilding and wise leadership for creative and collaborative work environment and for increasing efficiency of employees.

The in-house discussion ended with the concluding remarks by President CPSD, Lt. Gen Agha M. Umer Farooq (Retd). He held that maintaining a positive mindset at workplace on daily basis can be difficult at time. However, it is the job of an organization to keep positive work environment for its employees so they can accept differences of opinion and criticism as an opportunity to learn. He elaborated on the concept of self-leadership and held that a person should be able to criticize oneself and to be leader of one's own.

CONCLUSION

The in-house discussion was successful in achieving its objective of providing interpersonal and leadership training to its employees and interns. The discussion paved way for identification of multiple means to induce positive approach. The team agreed that triggers for positivity differ from person to person and vowed to look for their individual road to positivity. The discussion also provided them a clear understanding of why and how to work as a team. They talked at length on different qualities of a team leader and shared strategies to adopt those qualities.

PARTICIPANTS

Lt. Gen Agha M. Umer Farooq (Retd), President

Umer Khan, Executive Director

Fizza Batool, Senior Research Fellow

Syed Ghulam Raza, Research Executive

Sadaf Malik, Office Coordinator

Danish Kaleem, Senior IT Associate

Jawad Akbar, IT Associate

Faizan Irfan, Graphic Designer

Panira Ali, Visiting Researcher

Fatima Khan Bughti, Intern

Ramsha Nadeem, Intern

Maria Younus, Intern

Maria Batavia, Intern

Zaima Abdul Hameed, Intern

Ashir Wilson, Intern

PICTURE GALLERY





CPSDOFFICIAL



CPSDOFFICIAL



CPSDOFFICIAL



cpsd.org.pk



info@cpsd.org.pk



021-34372720-2



CENTRE FOR PEACE, SECURITY AND DEVELOPMENTAL STUDIES