



LOYOLA COLLEGE [AUTONOMOUS]

COLLEGE OF EXCELLENCE

CHENNAI-600034

DEPARTMENT OF B.COM. [HONOURS]

CORDIALLY INVITES YOU TO

"STORIFY YOURSELF"

A GOAL SETTING WORKSHOP



MS. MEENA CHABBRIA

VICE PRESIDENT MEDIA SALES FOR SOUTH – PVR CINEMAS



2nd JULY '24



11:30 A.M TO
01:30 P.M

LIAC CONFERENCE HALL

ORGANISING COMMITTEE

DR. REENA F
Co-ordinator

DR. R. LEEMA ROSE
Asst. Professor

DR. JERUSHA IRENE D
Asst. Professor

DR. MINOTHI J
Asst. Professor

LOYOLA COLLEGE (AUTONOMOUS), CHENNAI - 34

DEPARTMENT OF BCOM(HONOURS)

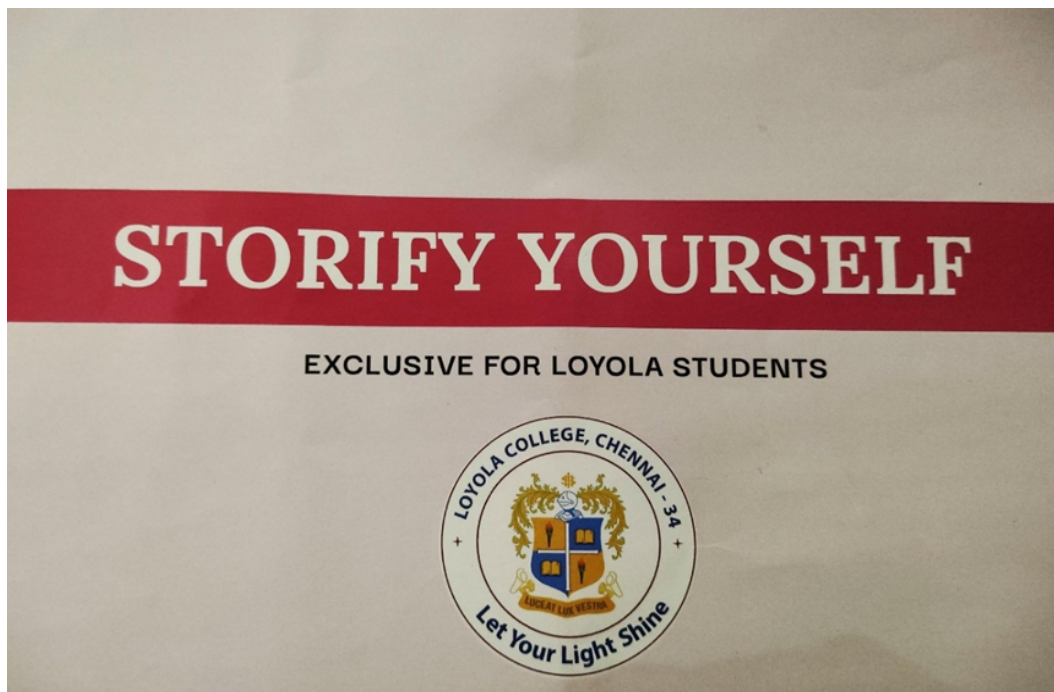
Report on “Storify yourself- Goal Setting Workshop”

On 2nd July 2024, a workshop was conducted by Ms. Meena Chabbria, exclusively for the first-year students. The session aimed to encourage them to chart their path ahead and prepare them for the next three years of college. It was held from 11:30 a.m. to 1:15 p.m. The goal-setting session for first-year students, was a successful event. It served both as an icebreaker for the new students and helped them frame their goals as they began their college journey.

Ms. Meena Chabbria is a multifaceted individual whose life and career are characterized by passion, empowerment, leadership, and inspiration. She is a transformational coach for women and students, a former Vice President (Sales) at PVR Cinemas (TN | AP | Telangana | Kerala | Sri Lanka), and the author of the book Unstoppable.

A pamphlet was distributed to all students with a list of questions to guide the session. The students were divided into four groups, and a leader was chosen from each team. The leaders were given 5 minutes to prepare an autobiography, and all four leaders narrated their stories simultaneously, competing with each other to see whose voice was the loudest. This activity turned out to be more fun and engaging than a typical workshop.

Following that, each student was asked to prepare a short autobiography to be narrated within 30 seconds. Ms. Chabbria encouraged the other students to motivate those who were having difficulties, and eventually, everyone began speaking without fear.



The event concluded with a vote of thanks delivered by our Forum President, Dr. Minothi. Overall, this event served as an excellent icebreaker for the students, helping them analyse themselves and overcome their fear of public speaking as they embark on their journey in college.

Questions for self-assessment:

1. No. Of years you have been doing What You are doing? (Study)
2. List the 3-4 Biggest Victories of Your Life?
3. List the 3 Living People who have inspired you the most?
4. List the 3 Non-Living people who have you the most?
5. List 3-4 Biggest mistakes of your life?
6. Who are your role models? What part of them do you strive to model?
7. List any side hustles, hobbies you have in your life?
8. What did they have in common?
9. What notification do you love to read or research more?
10. Was there 1 major experience in your life that has changed the trajectory of your life, what was it and Why?

