

The first Industry session for Krafksamla beneficiaries delivered by Alfa Laval
Facilitators

The learning session on “Coping-up with workplace stress” and “Money Management” was conducted at Don Bosco Technical Training Centre, Chakan, Waki by 4 Alfa Laval facilitators wherein 40 female participants from Don Bosco ITI (for Machinist Operator) and LIFT Academy(for Forklift Driver) were participated actively.

The participants have agreed that the sessions will not only help them in professional life but will also in personal life. The participants were exposed to untouched topics which they have never experienced before. The sessions have given them insights to think, analyse and implement.

It was a highly interactive session wherein Alfa Laval facilitators made them feel very comfortable and encouraged participation through Group Activities and various exercises. Facilitators made sure that the participants are highly engaged all the time and very interactive in order to meet learning objective.

The session was well appreciated by the organizers and they want such kind of session to be conducted in the future as well.

Feedback from the participants are:

- We were afraid of attending the session as to how the session will be and how the trainer would be but the way you people make us feel comfortable and made the session interactive was awesome and at the stat of the session only we could feel better and comfortable

- We face challenges in terms of negative thoughts and over worrying but now we had lot of nice learning that we can easily get rid of negative thoughts and live the stress-free life.... Thanks to Alfa Laval for such a wonderful learning opportunity

- With the help of exercises, we could realize importance of money management on our own and realized what to be done to manage the money in an effective manner

Alfa Laval is the first one to deliver such kind of session under the initiative called “Krafksamala” and we started off really very well and hopefully set a new benchmark.

Finally, both the sessions were extremely well and participants would get the desired benefit out of the session with highest level of engagement throughout the session.

Facilitators: Avdhut Musale, Sachin V Sonawane, Ranjit Shinde, Tanmay Bhosale

28th April, 2018