

INDIAN INSTITUTE OF BANKING & FINANCE

Leadership Development Center, Corporate Office,
Kurla(West), Mumbai

(ISO 21001:2018 Certified)

Three days physical training programme-Non residential

on

"EXECUTIVE WELLBEING PROGRAM"

"Financial, Physical & Emotional Balance – A 360° Approach for Bankers"



For bank officers working in Collection, Credit Monitoring & Recovery in Branches & Administrative Offices of Commercial Banks, Cooperative Banks, SFBs, RRBs, NBFCs, FIs etc.



From **17th** December 2026 to **19th** December 2026

"Individuals can also register for the programme at their own cost"



The last date for sending Nomination is **12.12.2026.**



Programme Co-Ordinator: **Sri Arun Mishra**, Faculty, IIBF, Mumbai
Mail ID: fm.trg4@iibf.org.in



PROGRAM OBJECTIVES



Build resilience to manage stress and high-performance expectations



Enhance financial wellbeing and personal financial decision-making



Improve physical health, energy management, and lifestyle habits



Strengthen emotional intelligence and interpersonal effectiveness



Develop a 360° self-assessment framework for sustained growth



WHO SHOULD ATTEND



Junior Management Officers



Middle Management Professionals



Senior Banking Executives



Professionals working in high-pressure, target-driven environments





BACKGROUND

During its 98 years of service, IIBF which is an "Institute of the Bankers, for the Bankers and by the Bankers" has emerged as a premier institute in banking and finance education. Considering the emerging requirements of the bankers in the ever-changing dynamic environment, IIBF has been providing training to bankers in select areas.

IIBF has world class training facilities at its Leadership Center at Mumbai. It also has seven Professional Development Centres (PDCs) at Delhi, Mumbai, Chennai, Kolkata, Guwahati, Lucknow and Bangaluru with residential facilities at Delhi to accommodate more than 50 participants at a time.



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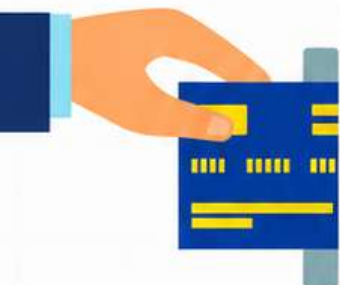
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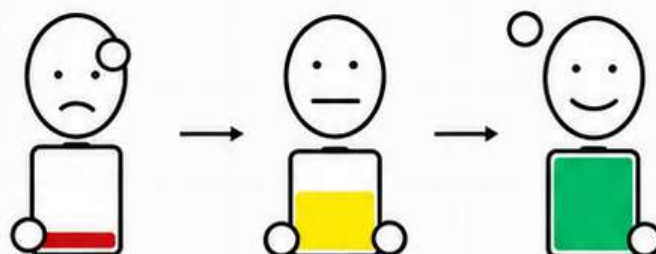
PROGRAM OVERVIEW



Banking professionals today operate in high-pressure, performance-driven environments that demand sustained mental sharpness, physical endurance, and financial clarity. This intensive 3-day Executive Wellbeing Program is designed to equip officers across Junior, Middle, and Senior Management levels with practical tools to achieve holistic wellbeing.



The program integrates financial awareness, physical vitality, and emotional resilience, enabling participants to perform effectively while maintaining personal balance and long-term sustainability.



KEY LEARNING AREAS



Financial Wellbeing & Personal Wealth Management



Stress Management & Burnout Prevention



Physical Fitness, Nutrition & Energy Optimization



Emotional Intelligence & Leadership Balance



Work-Life Integration in Banking Roles



Mindfulness & Cognitive Performance



PROGRAM METHODOLOGY



Expert-led interactive sessions



Self-assessment tools and reflective exercises

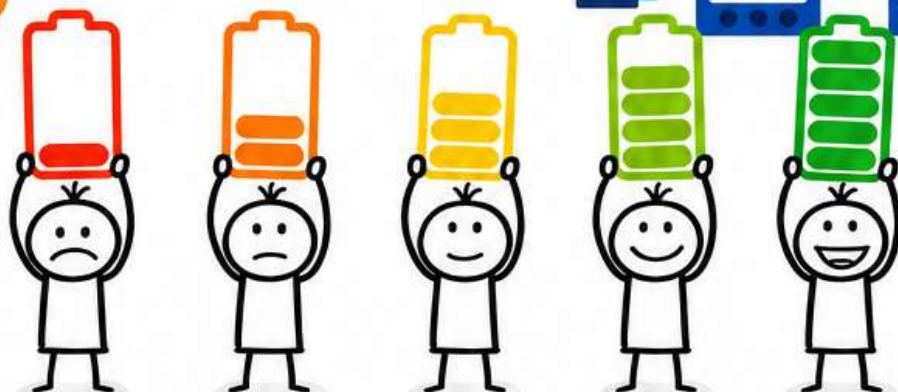
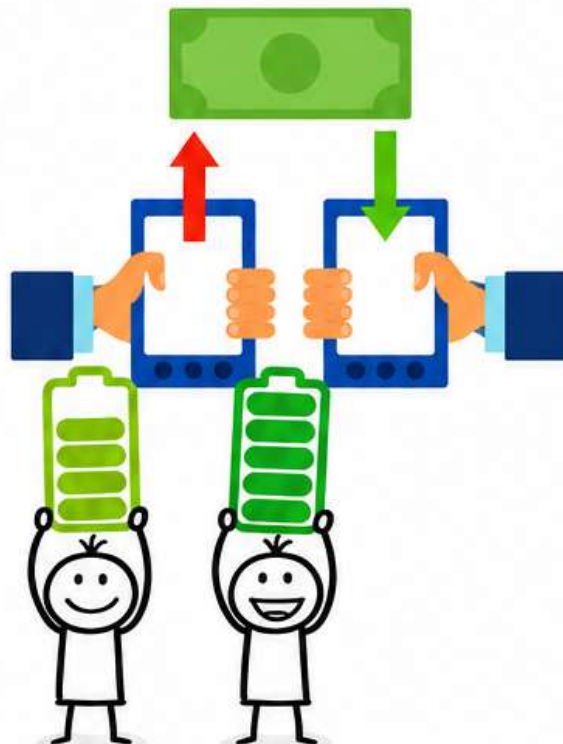


Case studies and real-life banking scenarios



Practical frameworks for immediate application





PROGRAM FEE:

Fee:- **Rs.3500/-** per day per participant plus GST @ 18% i.e. a total of **Rs. 4130/-**.

Total Fees for three days duration per participant plus GST @ 18% is **Rs.12390/- per participant**



The last date for sending Nomination is **12.12.2026.**



Please note that this is a non-residential program. However, if any participant requires residential accommodation, we can arrange it at Kohinoor Elite at a cost of **Rs. 3,500 + 18% GST (Rs. 4,130 total)** per day on a twin-sharing basis, or **Rs. 6,000 + 18% GST (Rs. 7,080 total)** per day on single occupancy. For accommodation, **10 days' prior information** is required to book the hotel, and the payment is to be made directly by the participant to the hotel.

TDS



(In case of TDS deduction, please send us TDS certificate).
Programme fees may be remitted to the credit of Institute's account with State Bank of India, details of which are given below:

	Account in the Name of	: Indian Institute of Banking & Finance
	Name of the Bank branch	: State Bank of India, Vidya Vihar Branch
	Account no	: 36919200263 (Savings A/c)
	IFSC code	: SBIN0011710
	PAN No	: AAATT3309D
	GST TIN ID	: 27AAATT3309D1ZS for Maharashtra

For Details & Nominations, please contact:



Mr. Arun Misra, Faculty
Programme Coordinator
Mobile-9175178993

✉ E-Mail-fm.trg4@iibf.org.in



Ms. Shailly Arya
Asst. Director - Training
9650071825

✉ ad.trg1@iibf.org.in



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Mr. L.V.R. Prasad,
Director (Training),
Phone : +91-22-68507004,
Mobile : 9650433118

✉ dir.trg@iibf.org.in



Indian Institute
of Banking & Finance
ISO 9001:2015 Certified



NOMINATION FORM

NOMINATION FORM FOR BANKS & FIs



LIST OF PARTICIPANTS NOMINATED:

Sl. No	Name (Mr./Ms./Mrs.)	Designation	Branch/ Office	Mobile No.and Land Line No.	E-mail (PERSONAL AND OFFICIAL MAIL ID BOTH)*
1					
2					
3					
4					
5					

*LOGIN DETAILS OF THE PROGRAM SHALL BE SHARED ON PERSONAL MAIL ID.



Bank/Organisation: _____



Address: _____



Pin Code: _____



Phone: _____



Fax: _____



E-mail: _____



Kindly narrate: **"EXECUTIVE WELLBEING PROGRAM: Financial, Physical & Emotional Balance"; ;**
"<No.of> participants"



NOMINATION FORM for SELF-SPONSORED CANDIDATES



Details of nomination:

Sl. No	Name	Designation	Contact No. (Mobile)	E-mail (PERSONAL)	UTR NUMBER
1					



Bank/Organisation: _____



Address: _____



Pin Code: _____



Phone: _____



Fax: _____



E-mail: _____



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