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RECENT TRENDS IN MANAGEMENT

WHY CHANGE MANAGEMENT

- We change for a reason.
- Organizational change requires individual change.
- Organizational outcomes are the collective result of individual change.
- Change management is an enabling framework for managing the people side of change.
- We apply change management to realize the benefits and desired outcomes of change.

CHANGE CONCEPTS

Core concepts for change management

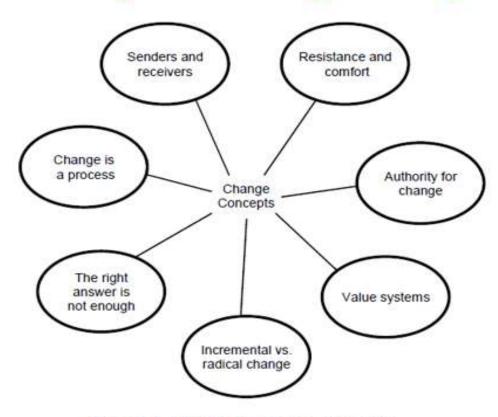


Figure 1 - Primary change concepts

CRISIS









CRISIS

Crisis situation that is threatening or could threaten to harm people or property, seriously interrupt business, damage reputation and / or negatively impact share value.





CRISIS MANAGEMENT

It is a process designed to prevent or lessen the damage a crisis can inflict on an organization and its stakeholders.

COMMON FEATURES OF CRISIS

- The situation materialises unexpectedly
- Decisions are required urgently
- Urgent demands for information are received
- There is sense of loss of control
- Routine business become increasingly difficult
- Reputation suffers
- Competitor try to take advantage

APTRA METHOD OF CRISIS MANAGEMENT

 Anticipate • Plan · Train and Practice Review R · Act (React, Adjust and move forward)

STRESS MANAGEMENT

WHAT IS STRESS?

Researchers define stress as a physical, mental, or emotional response to events that causes bodily or mental tension. Simply put, stress is any outside force or event that has an effect on our body or mind.





$$S = P > R$$

Stress occurs when pressure is greater than the resources.



A B C STRATEGY

A = AWARENESS

B = BALANCE

C = CONTROL

"The only person without STRESS is a dead person."

Hans Selye

(Father of stress research)

