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# Poster Presentation

## Self-Management and Talent Management

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***Abstract***

Self-management has been a point of discussion among number of researchers. The teacher can manage discipline in the class by employing self-management strategies. Furthermore, it can also help students in managing their behaviors for long periods of time. Organizations need people who are more willing to work and adhere to the requirements on their own. They must understand how they can make best use of their skills, talents and how they can utilize their time so as to achieve higher efficiency. This requires self-management. Self-management can be defined as the use of behavioral strategies to modify one's own behavior. Self-management also refers to methods, skills, and strategies by which individuals can effectively direct their own activities toward the achievement of objectives, and includes goal setting, decision making, focusing, planning, scheduling, task tracking, self-evaluation, self-intervention, self-development, etc. Self-management includes self-monitoring, where one observes one's behavior and identifies the presence or absence of the target behavior, and self-reinforcement, where one reinforces oneself in the presence of the target behavior. The change in self-management is brought by the individual himself. The main objective of the current study was to evaluate the effect of self-management practices on individual work behavior.

***Keywords:*** Self Care, Aptitude, Behavior.

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