



Personality Development – Skill Training

The prime objectives of the training are to improve individual personality and uphold integrity in one's through increased knowledge and practices on personality development. The sessions are

Responsibilities and Self development

Individual responsibilities, job expectations, the need for performance improvement, self development and performance, the need for changes, self awareness and self strengthening, exercises for self development

Leadership

Introduction to Leadership, Leadership Styles, identification of individual leadership styles and understanding of their implications

Motivation

Relevance and types of Motivation, Motivating the team and team members

Time Management

Time as a Resource, Identification of Important Time Wasters, Individual Time Management Styles, Techniques for better Time Management

Emotional competence

Emotions and performance, emotional intelligence and emotional competence, stress management techniques

Interpersonal relations

Introduction to Interpersonal Relations, ego states, Appreciations, Awards and Incentives, Interpersonal Skills

Change management

The term Change and factors of change, Reactions to change, Change management process, application models of change.

Yoga Exercise

Benefits of yoga, yoga demonstration and breathing exercise

Space to Self

Importance of self, the quality of life, the need for relaxation and relations

Methodology

The methods adopted at the training are participatory and they are lecture through power point presentations, group discussions, energizers, group activities and games, questionnaires, experience sharing, role plays, feedback and recap sessions. At the end of the training, the participants are given handouts for reference and recalling their learning.

Training Duration

Total of 25 days spread into 12 weeks with 2 days of training in a week.

Training Cost

Rs. 12,000/- per person - cheque or demand draft in favour of Samrakshana

