

45-Day Soft Skills Transformation Program

Duration: 45 Days | **Daily Time:** 60 Minutes

Mode: Practical, Activity-Based Learning

Audience: Students, Job Seekers, Working Professionals, Career Switchers

This intensive 45-day program is a fast-track version of a comprehensive soft skills framework. It focuses on confidence, fluency, structured thinking, emotional expression, and real-life communication mastery.

Daily Session Format

- 5 mins – Warm-up & Confidence Activation
- 20 mins – Core Technique / Concept
- 25 mins – Guided Speaking Lab / Simulation
- 10 mins – Feedback & Micro-Assignment

PHASE 1: Comfort, Fluency & Foundations (Days 1–10)

- Ice Breaking & Psychological Safety
- Daily Life Talk & Routine Usage
- Current Life & Present Thinking
- Past Experience Narration
- Plans, Advice & Intentions
- Life Experiences & Responsibility Talk
- Emotional Expression & Descriptions
- Introduction to Logic & Structure

PHASE 2: Logic, Structure & Opinion Building (Days 11–20)

- Logic Reinforcement & Sequencing
- Buying Time & Fluency Control
- Hypothetical Situations
- Hidden Logic Conversations
- Fluency & Confidence Check
- Opinion Awareness & Expansion

PHASE 3: Depth, Time Flow & Real-Life Mastery (Days 21–30)

- Real-Life Opinions & Examples
- Peer Interaction Confidence
- Observation & Description Upgrade
- Time Awareness Across Past–Present–Future
- Real-Life Planning Conversations

PHASE 4: Storytelling, Polish & Transformation (Days 31–45)

- Conversation Continuity & Emotional Time
- Speed, Pause & Voice Control
- Storytelling Basics & Expansion
- Emotional Storytelling
- Revision, Mixed Situations & Long Conversations

- Final Transformation Showcase

Program Outcomes & Deliverables

- Confident daily and professional communication
- Structured thinking and clear opinions
- Strong storytelling and emotional expression
- Fear-free real-life conversations
- Personal fluency and confidence assessment report

Certification: Completion Certificate with Personalized Feedback