

COMPLETE 3-MONTH PROGRAM OVERVIEW

12 Weeks | 60 Minutes/Day | 95% Practical

Audience: Ages 22–50 (Students, Homemakers, Working Professionals, Mid-Career)

PROGRAM STRUCTURE

Month 1 - *Communication & Confidence*

Month 2 - *Career Growth & Workplace Intelligence*

Month 3 - *Personality, EQ, Leadership & AI Mastery*

DAILY FORMAT

- 5 minutes: Warm-Up
- 20 minutes: Technique of the Day
- 25 minutes: Lab & Simulation
- 10 minutes: Coaching + Takeaway Tool

WEEKLY ELEMENTS

- Weekly Review
- Real Life Challenge
- Habit Tracking
- Reflection Sheets
- Gamification Points

BI-WEEKLY ELEMENTS

- Skill Assessments
- Fluency, Writing & Confidence Scores

MONTHLY ELEMENTS

- Personalized Feedback Video
- Portfolio Progress Check

MONTH 1 - COMMUNICATION & CONFIDENCE

Week 1 - Fluency, Expression & Everyday English

Techniques: Chunking, Shadowing, Think–Speak, Rhythm Control

Add-ons: Voice Feedback, Conversation Templates

Challenge: Speak to a stranger (30 sec)

Week 2 - Business English & Writing Power

Techniques: BLUF, CLEAR, Tone Ladder

Add-ons: 25 Email Templates, Chat-to-Email Conversions

Challenge: Send one professional email

Week 3 - Pronunciation, Accent, Voice & Clarity

Techniques: Stress-Rhythm-Intonation, Pausing, Pace Control

Add-ons: Personalized Pronunciation Correction

Challenge: 2-minute English recording

Week 4 - Presentation Mastery

Techniques: PSI, TED Hooks, Storytelling

Add-ons: 1-slide pitch, body language guide

Challenge: 1-minute talk

MONTH 2 — CAREER GROWTH & WORKPLACE SKILLS

Week 5 - Interview Domination (Master Week 1)

Techniques: STAR, PPF, CAR, Answer Engineering

Add-ons: 100-answer bank, gap scripts

Challenge: AI Interview Simulator

Week 6 - Resume, LinkedIn & Branding

Techniques: Impact Bullets, Brand Story

Add-ons: Resume rewrite, LinkedIn headline formulas

Challenge: Update profile

Week 7 - Workplace Intelligence & Leadership Basics

Techniques: SBI, Radical Candor, Stakeholder Mapping

Add-ons: Conflict scripts, leadership playbook

Week 8 - Negotiation, Productivity & Career Planning

Techniques: BATNA, Anchoring, Time Boxing

Add-ons: Negotiation scripts, 2-year career plan

1:1 Touchpoint: Career Clarity Sprint

MONTH 3 — PERSONALITY, EQ, LEADERSHIP & AI

Week 9 - Personality & Confidence Upgrade

Techniques: Confidence Ladder, Charisma Triad

Add-ons: Presence Audit, Grooming Guide

Week 10 - Emotional Intelligence & Assertiveness

Techniques: Emotional Labeling, Boundary Sandwich

Add-ons: 30 assertiveness scripts

Week 11 - Critical Thinking & Creativity

Techniques: 5 Whys, MECE, SCAMPER

Add-ons: 25 case studies

Week 12 - AI for Communication & Career (Master Week 2)

Techniques: AI Resume Builder, AI Email Polisher, AI Interview Coach

Add-ons: 100 AI prompts, personal AI system

Deliverable: Final Showcase + Certification

PROGRAM-WIDE DELIVERABLES

- Daily WhatsApp Micro-Learning
- Gamification System
- Success Vault (templates, prompts, scripts)
- 3 Personalized Feedback Videos
- 30-Day Post-Program Follow-Up
- Full Portfolio (Resume, LinkedIn, Intro Video, Presentation)