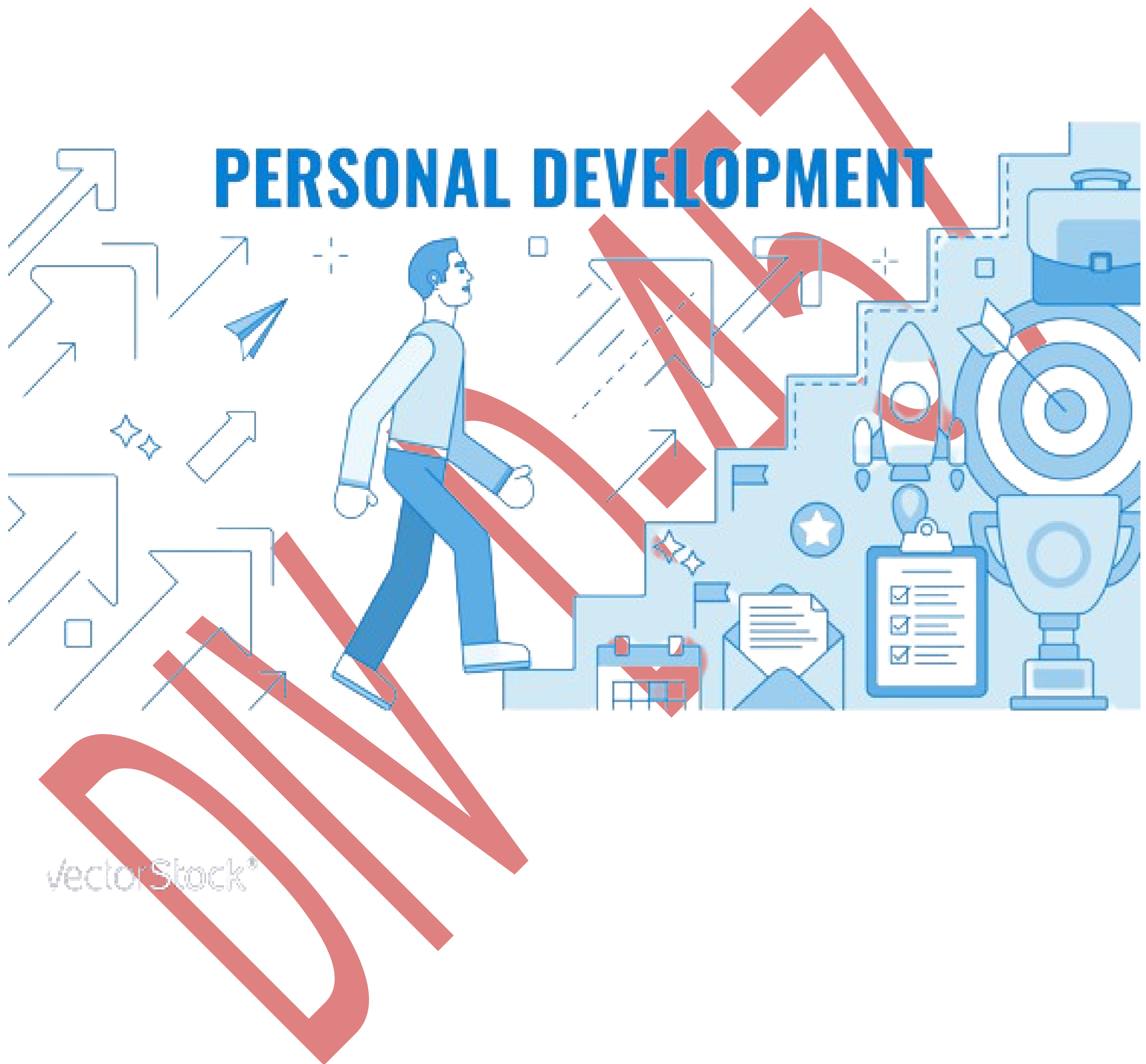


# Personal development

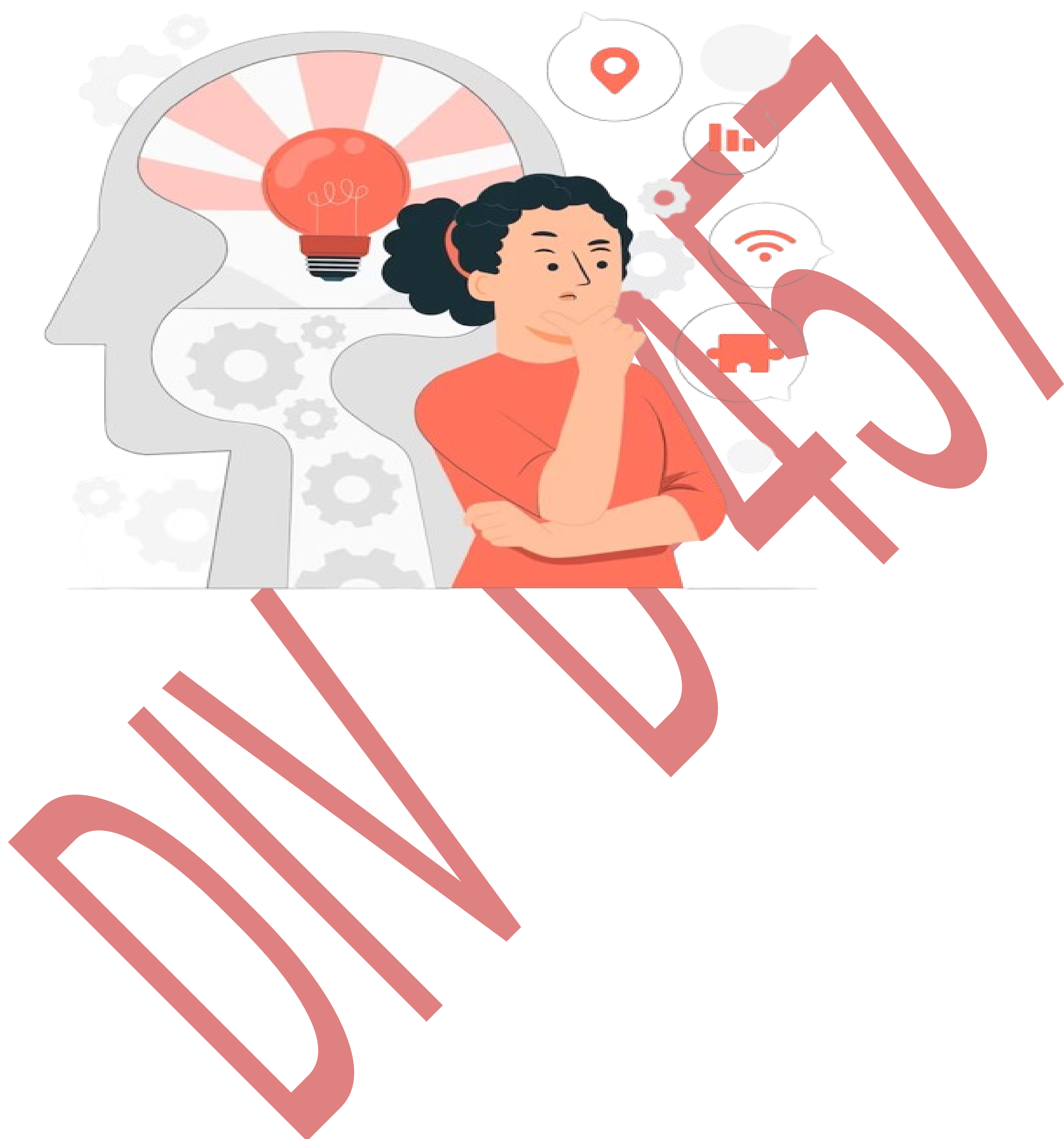


## ☒ Introduction

Personality development means enhancing and improving one's personality. It helps an individual to have a positive attitude towards life. It deals with strengthening one's skills and strong point. Personality makes a person confident and boosts their self-esteem. It also helps one with knowing themselves better. Personality development is very important for humans of all ages from students to adults. Personality development leaves their impact on that person in the best totality of an individual behavior, ego, attitude and social rules.

## ☒ Understanding self

The meaning of understanding self is having into one's behavior, attitude... It is ability to say and know that what he/she is good at or needs improvement self. Understanding is one of the highest goods in psychology. There are many psychologist suggest writing in a journal daily. You might also try new activities a daily or weekly basis asking yourself question such as who I am ? what do I like to do ? How to handle situation ? How to handle failure ? etc...



## ☒ Importance of self- awareness

Self-awareness is the ability to introspectively recognize and understand your own thoughts. Emotions ,behavior , motivations etc. As the mention earlier self-awareness is verity of...



- ▶ It gives the power to making less mistakes.
- ▶ It gives helps us to understand teams from multiple perspective.
- ▶ It help us to become better decision maker.
- ▶ It gives us more self-confidence that's why our result is possible.
- ▶ It helps us to build better relationship. It makes us happier.

#### ☒ Personality assessment

Personality assessment means you are aware of your self- awareness and assets your own personality and try to make confidence.

Personality assessment depending on self confidence positive thinking, critical thinking and problem solving skills. Personality assessment always depending on soft skills such as leadership skills, team-work, adaptability skill, time management, communication skills, etc...

#### ☒ Personality assessment tools :-

- ▶ Self- report assessment.
- ▶ Behavior observation.
- ▶ Interview.
- ▶ Projective Test.

- ▶ Self-report test.

## ▶ Self-report assessment

Self report assessment means prepare one report according to your last day compare today. Self confidence report and generate your own critical according to your mistakes and prepare report try to become effective listener for yourself and speak clear and make one report for your personality. It is called self-report for your own personality.



- ▶ Behavior observation



It means observe your own behavior like how you behave with others human being compare to your own personality your positive attitudes. More values, self respect, critical thinking. Its depending on your behavior observation. Always try to behave good for yourself than observe others behavior so it is easy to constant on your positive mindset.



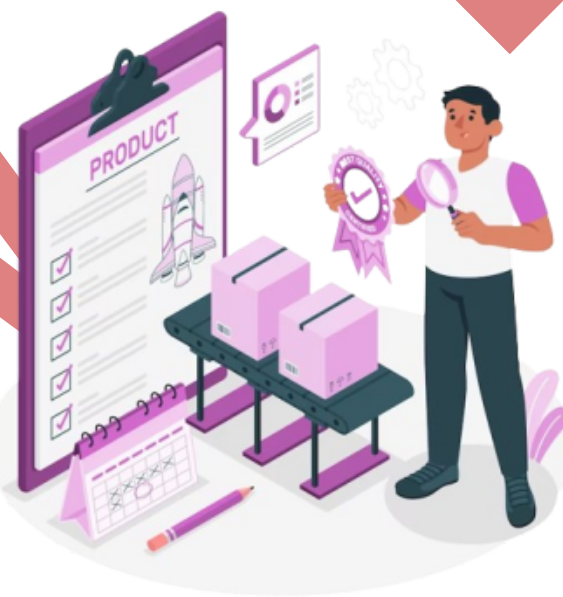
## ► Interview

It means not your academic but your regular interview question. According to your personality your prepare are daily based question to get good result interview mean ask more and more question to yourself and your inner heing. In interview your knowing yourself very well and become good human being.



## ► Projective Test

Projective test assessment tools involves presenting individuals with ambiguous stimuli, such as images or open ended prompts to elicit response that reveal aspects of their personality emotions, feeling. These tests often top into the depth exploration of an individual's psychological dynamics.



## ► Self-report Test

A self report test in the context of personality assessment involves individuals providing information about themselves through a



structured questionnaire or survey. These tests rely on participant self-awareness and honesty in responding to items that inquire about their thoughts, feelings, behaviors or attitude.



☒ Identify strengths and areas of improvement :-

Areas of personal growth :-

- ▶ Mental Growth
  - ▶ Physical Growth
  - ▶ Emotional Growth
  - ▶ Spiritual / Cultural Growth
  - ▶ Social Growth
- 
- ▶ Mental Growth



Mental growth focused on the development of your mind, such as the way you think and listen. It also relates to how your mind effect your behavior improving mental growth can benefit anyone as specially in the workplace. Performing simple task such as staying inform about new updates in our fields and be mentally prepare for both situation. Failure and success your experience connected with mental growth that can lead to increase your positive attitude.

#### ► Physical Growth



Physical growth involves tasking care of your body and using it in effects all others areas of personal growth development as a healthy body effective mindset also connected with your physical you may find it easier to work more effectively.

#### ► Emotional Growth



Emotional growth focuses on the development and management of your react to situations. While challenging such as stress and anxiety can contribute to your emotional growth means how to handle your stress and being positive this can assets you expressing your emotional effectively and discussing your opinion and with positive mindset and open mindset. Emotional growth allows you to process and evaluate your feelings at work. Which can help you choose on appropriate force of action.

#### ► Spiritual / Cultural Growth



Spiritual growth refers to connecting with yourself on a holistic level, developing as a person and finding inner peace. People experience spiritual growth in various ways. Depending on there culture beliefs

and experience on religion, spiritual growth such as, practicing a religion methods or religion on regularly , while others work on improving there spiritual help us they feel they needed. Spiritual growth methods at work because it can help you manage stress and build confidence in yourself and your abilities. Directly or indirectly your interpersonal communication also relate with spiritual growth that's why in your work places as well as in other place you maintain your spiritual growth.

#### ► Social Growth



Social growth involves improving your communication skills. While some of professional focus on developing other skills learning how to communicate effectively can be important as specially if you work individually. Learning how to become an active listener and a clear speaker can help you work more productively within a team. In your workplaces your job promotion also depending on your effective communication. Social growth means effective and powerful communication most be necessary.

That's why for personality development all five :-

1. Personality growth
2. Spiritual growth
3. Physical growth
4. Emotional growth
5. Mental growth development needed.

It can take time to learn about your-self and your needs and decide how to approach personal growth. You can stay positive during this important process by reflecting on how you're improving your personal well-being and developing professionally. Remember that by tasking the time to evaluate your strength and establishing goals to improve in other areas, you prioritize your self and your success.





## ❏ What is conflict resolution ?

What is conflict resolution, can be described as the process of recognizing and solving problems between two or more individuals or groups. These disagreements can come from various sources like differing opinions ,work styles or ways of communicating. Sometimes come works misunderstand or misinterpret the words and actions of another team members. Leading to conflict. this process seeks to lower tensions, bring both parties to an understanding and find a compromise the next step is to move beyond the conflict to resolve the problem so all parties feel the conflict is over with satisfactory results.



## ❏ What are collaboration skills ?

Collaboration skills are about working well with others and achieving a common goals. It's more than just finishing a project with a group of people though. It also means building relationships with your team,



resolving conflicts, and creating a work environment where everyone feels included and respected.

In the work place, collaboration skills can include updating your manager and getting feedback, recognizing the hard work of others, suggesting ways to improve group processes, diffusing tension among team members, and promoting inclusivity so that everyone feels respects.

Someone who's good at collaborating has skills like being an influential team member, communicating well, making decisions, and leading.

