

Week ____ Tutorial

Personal Growth, Reflection certification



Objectives

- Introduction



Personal Growth

- A procedure for learning new abilities, perspectives, behaviors, or responses that can improve your existence and boost your general wellbeing.
- I really believe that you should always put your growth first. After all, it's only through self-improvement that we can manifest the most remarkable versions of ourselves in the outside world.



Why Personal Growth?

Personal growth is important if you want to have:

- Healthy, loving relationships with yourself and others
- Career Success
- Long-term financial success
- Motivation and productivity
- A healthy mind and spirit



Strategy to achieve personal growth

- Keep Learning
- Volunteer your time
- Experience new things and places
- Get creative
- Make your health a priority
- Manage your time



Personal growth in IT field

- Side Projects
- Communication Skills
- Maximize your impact
- Taking Risks
- Using learning platform for certification (Udemy, LinkedIn Learning, and so on)



Thank You