

50 Learnings from PESELABS

Unit 1: SWOC Analysis

1. Learned to analyze my own strengths and limits.
2. Found that honesty is key in self-evaluation.
3. Understood how to turn weaknesses into goals.
4. Learned to see challenges as growth chances.
5. Realized reflection improves self awareness.
6. Got better at accepting feedback.
7. Learned to use my strengths smartly.
8. Found confidence through clarity.
9. Understood personal growth is lifelong.
10. Learned that self-knowing knowledge drives success.

2 Self Introduction

11. Learned to speak about myself confidently.
12. Understood the power of first impressions.
13. Practiced calmness while speaking.
14. Found balance between formal and friendly tone.
15. Learned tone matters more than words.
16. Became more natural while introducing myself.
17. Understood posture speaks louder than words.
18. Learned to highlight goals clearly.
19. Realized smiling changes the whole vibe.
20. Kept intro short, clear and real.

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→ 3 Presentation Skills

- 21 Learned how to make slides simple and clean.
- 22 Realized confidence beats memorization.
- 23 Understood audience analysis changes everything.
- 24 Learned how to handle stage fear.
- 25 Practiced speaking with flow and clarity.
- 26 Found that pauses make speech powerful.
- 27 Learned to keep eye contact naturally.
- 28 Discovered storytelling makes topics interesting.
- 29 Understood visuals support, not replace, words.
- 30 Learned how to end with impact.

→ Public Speaking

- 31 Learned to think fast during impromptu tasks.
- 32 Discovering voice control improves delivery.
- 33 Realized preparation builds confidence.
- 34 Learned to use examples people relate to.
- 35 Practiced staying calm under pressure.
- 36 Found that silence can speak too.
- 37 Learned to connect, not just speak.
- 38 Discovering how to read audience reactions.
- 39 Improved clarity, tone and energy.
- 40 Understood great speakers stay real.

Art of Conversation

- 41 Learned that small talk opens big doors.
- 42 Practiced starting and ending talks smoothly.
- 43 Improved active listening skills.
- 44 Learned to stay polite and respectful.
- 45 Understood texting etiquette matters too.
- 46 Became more confident with strangers.
- 47 Learned empathy makes talks meaningful.
- 48 Improved body language awareness.
- 49 Found communication builds self-trust.
- 50 Realized good talk = confidence + clear clarity.