

# 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-knowledge drives success.

## 2 Self Introduction

- ① Learned to speak about myself confidently.
- ② Understood the power of first impressions.
- ③ Practiced calmness while speaking.
- ④ Found balance between formal and friendly tone.
- ⑤ Learned tone matters more than words.
- ⑥ Became more natural while introducing myself.
- ⑦ Understood posture speaks louder than words.
- ⑧ Learned to highlight goals clearly.
- ⑨ Realized simplifying changes the whole vibe.
- ⑩ Kept intro short, clear and real.

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- ⑧ Learned to highlight goals clearly.
- ⑨ Realized smiling changes the whole vibe.
- ⑩ Kept intro short, clear, and real.

## \*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 supports not replace words.
- 30 Learned how to end with impact.

## • Public Speaking

- 31 Learned to think fast during impromptu task.
- 32 Discovered 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 Discovered 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 meeting 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 + clarity.