Objective

* To be self-aware & utilize and enhance the existing competencies
* To initialize and train for inculcating new competencies with a mix of class-room and practical lessons
* To develop focus and effective time management skills
* To develop communication skills ( written, verbal, non-verbal )
* SWOT Analysis and Goal setting

Learning Outcomes

* To gain Emotional and Practical competencies
* Confidence in any situation
* Conflict and Stress management
* Develop interpersonal skills
* Become an overall asset to any organization, community, society ( social skills )

Curriculum

(Tailor made as per requirement)

Broadly:

* A mix of communication and practical knowledge leading to best outcomes
* Overcoming hurdles
* Communication Skills
* Presentation Skills
* Inter personal Skills
* Self Esteem and self confidence development
* Psychology of success