

# Course Outline

## **Personal Growth – 4 Hours**

1. Meaning, nature and scope of personal growth. Goal Setting...
2. Goal Setting and Aligning Roles

## **Understanding Behaviour – 4 Hours**

3. Assertive Communication Styles,
4. DISC Assessment, dimensions and Self-awareness.

## **Personal Change – 4 Hours**

5. Understanding EGO states
6. Discovering facets of interpersonal behaviours

## **Interpersonal Trust – 4 Hours**

7. Emotional intelligence Assessment, dimensions and Self-awareness.
8. Discovering the interpersonal needs - FIRO-B

## **Building Relationships – 4 Hours**

9. Conflict management styles.
10. Developing Trust Behaviours

## **Building Relationships & Problem Solving – 4 Hours**

11. Managing time and building Relationships
12. Creativity processes and blocks to creativity.

# Why Personal Growth

- Self development to realize and actualize one potential transforms an individual from

Dependence	Self Direction
Impulsiveness	Self Discipline
Ignorance	Knowledge
Incompetence	Competence
Immorality	Morality
Concern for Self	Concern for Self & Others

# Areas of Personal Growth



## Effective Ways to Behavior Change

- |  |     |
|--|-----|
| 1. Hear an idea you like   | 10% |
| 2. Consciously decide to adopt the idea.   | 25% |
| 3. Decide when you will do it.   | 40% |
| 4. Plan how you will do it.  | 50% |
| 5. Commit to someone else that you will do it.   | 65% |
| 6. Specific appointment with the person<br>you committed to, at which time you will report<br>to him/her whether you have done it. | 95% |

## Benefits of Self Awareness

- Improve skills by recognizing what you do well and what you need to improve
- Raise happiness levels by aligning your values with your actions
- Become a better person by understanding how others perceive your behaviour
- Strengthen professional and personal relationships by managing emotions
- Increase work motivation by seeking out your true passions

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- Increase work motivation by seeking out your true passions
- Decrease stress by identifying emotions and lessening tasks you don't enjoy

# Self Esteem

- Self Esteem is an individual's subjective evaluation of their self worth. It comprises of beliefs about self.

Examples

- I am not good,
  - I am the best etc.
- Self Esteem is an important factor to maintain wellbeing and in having healthy relationships

## Where Does Self-Esteem Come From?

- Our self-esteem develops and evolves throughout our lives as we build an image of ourselves through our experiences with different people and activities.
- Experiences during our childhood play a particularly large role in the shaping of our basic self-esteem.
- As we grow up, our successes & failures, how we were treated by our immediate family members, by our teachers, peers etc. all contributed to the creation of our basic self-esteem.



## Consequences of Low Self- Esteem

- Low self-esteem can have devastating consequences. It can create anxiety, stress, loneliness and increased likelihood for depression.
  - Problems with friendships and relationships.
  - It can seriously impair academic and job performance.
  - Can lead to underachievement vulnerability to drug or alcohol abuse.
  - Negative consequences reinforce negative self-image and can take a person into a downward spiral of lower self-esteem and increasingly non-productive or actively self-destructive behaviour.
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