Course Outline

Personal Growth - 4 Hours

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

Understanding Behaviour – 4 Hours

- Assertive Communication Styles,
- DISC Assessment, dimensions and Selfawareness.

Personal Change - 4 Hours

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

Interpersonal Trust - 4 Hours

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

Building Relationships – 4 Hours

- Conflict management styles.
- Developing Trust Behaviours

Building Relationships & Problem Solving – 4 Hours

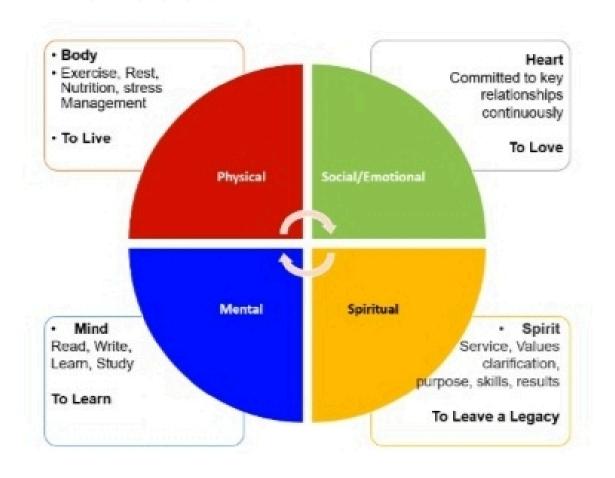
- 11. Managing time and building Relationships
- 12. Creativity processes and blocks to creativity.

Why Personal Growth

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



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 you committed to, at which time you will report 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.