

# Self-Awareness and Personal Growth Skills Training

**Course Duration: 08 Hours**

**Course Code: SAPGST**

## 1. Course Overview

Self-Awareness and Personal Growth Skills Training is designed to help individuals understand their thoughts, emotions, behaviors, and personal values. This course empowers participants to improve decision-making, build confidence, enhance emotional intelligence, and achieve both personal and professional growth through practical techniques and self-reflection strategies.

## 2. What You'll Learn

- Understanding self-awareness and its importance
- Identifying strengths, weaknesses, and personal values
- Developing emotional intelligence and self-control
- Building confidence and a growth mindset
- Managing stress and improving mental clarity
- Setting realistic personal and professional goals
- Improving interpersonal relationships and communication

## 3. Target Audience

- Students and fresh graduates
- Working professionals seeking personal development
- Team leaders and managers
- Entrepreneurs and business owners

- Anyone looking to improve self-understanding and life skills

## 4. Pre-Requisites

- No technical background required
- Basic understanding of personal and professional challenges
- Willingness to learn and self-reflect
- Open mindset for personal growth and improvement

## 5. Course Content

### **Module 1: Introduction to Self-Awareness**

- Meaning and importance
- Self-assessment techniques

### **Module 2: Understanding Personality & Behavior**

- Personality types
- Behavioral patterns

### **Module 3: Emotional Intelligence (EQ)**

- Managing emotions
- Empathy and social skills

### **Module 4: Building Confidence & Self-Esteem**

- Overcoming self-doubt
- Positive thinking techniques

### **Module 5: Stress & Time Management**

- Identifying stress triggers
- Time management strategies

### **Module 6: Goal Setting & Personal Development**

- SMART goals
- Creating a personal growth plan

### **Module 7: Communication & Relationship Skills**

- Effective communication
- Conflict resolution

