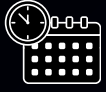


PERSONALITY DEVELOPMENT PROGRAM FOR *Young Adults*



June 19th Onwards (Monday, Wednesday & Thursday)
10.30 am - 12.30pm (2 hrs each session, Total 24 hrs)

MODULE 1: PUBLIC SPEAKING SKILLS

1. Introduction to Public Speaking
2. Overcoming Stage Fright
3. Effective Communication Techniques
4. Voice Modulation and Body Language
5. Storytelling and Presentation Skills

MODULE 2: CONFIDENCE BUILDING

1. Understanding Self-Worth
2. Building Self-Esteem
3. Developing a Positive Self-Image
4. Resilience and Overcoming Challenges
5. Setting Personal Goals

MODULE 3: IMPORTANCE OF TEAMWORK

1. Understanding the Concept of Teamwork
2. Communication and Collaboration
3. Resolving Conflicts and Building Trust
4. Leadership and Team Player Skills
5. Effective Group Work Strategies

MODULE 4: TIME MANAGEMENT

1. Prioritizing Tasks and Setting Goals
2. Creating a Schedule and Following It
3. Avoiding Procrastination and Time Wasters
4. Balancing Work and Play
5. Stress Management Techniques

MODULE 5: WALK OF CONFIDENCE

1. Posture and Body Language
2. Eye Contact and Facial Expressions
3. Building a Strong Presence
4. Walking with Confidence and Purpose
5. Making a Positive First Impression

MODULE 6: SOCIAL ETIQUETTES

1. Proper Dress Code for Different Occasions
2. Greeting and Introducing Yourself
3. Making Small Talk and Conversation Skills
4. Showing Respect and Empathy

MODULE 7: PRESENTATION SKILLS

1. Structuring a Presentation
2. Visual Aids and Multimedia
3. Delivering a Speech with Confidence
4. Handling Questions and Feedback
5. Engaging the Audience and Storytelling

MODULE 8: GOAL SETTING AND VISION BOARD

1. Setting Realistic and Achievable Goals
2. Creating a Vision Board for Your Future
3. Breaking Goals into Smaller Steps
4. Staying Motivated and Persevering

MODULE 9: MANIFESTATION

1. Understanding the Law of Attraction
2. Visualizing Your Goals and Dreams
3. Affirmations and Positive Thinking
4. Gratitude and Mindfulness Practices
5. Manifesting Success and Abundance

MODULE 10: LEVELS OF DRESSING

1. Understanding Different Dress Codes
2. Choosing Appropriate Outfits for Various Occasions
3. Color Coordination and Style Tips
4. Making a Good Impression with Your Wardrobe

MODULE 11: BODY LANGUAGE - PROXIMITY

1. Understanding Non-Verbal Communication
2. Proxemics and Personal Space
3. The Importance of a Firm Handshake
4. Reading and Interpreting Body Language

MODULE 12: COMMUNICATION MODE

1. Effective Communication Strategies
2. Communicating with Adults and Peers
3. Asking Questions and Seeking Clarification
4. Listening Actively and Showing Empathy

MODULE 13: HOW TO GIVE A POWERFUL INTRODUCTION

1. Crafting a Memorable Introduction
2. Using Engaging Stories and Anecdotes
3. Building Rapport with the Audience
4. Starting Your Speech with a Strong Hook

MODULE 14: CONVERSATIONS AND MEET AND GREET

1. Initiating and Maintaining Conversations
2. Engaging in Small Talk and Making Connections
3. Breaking the Ice and Creating a Friendly Atmosphere
4. Networking and Building Relationships

MODULE 15 : HOW TO MAKE POWERFUL CONTENT USING CREATIVITY

Data science and Artificial intelligence are the most sought after engineering courses now. Creativity and creating content is an added advantage to stand out in your peers. Learn to make original content and be ready for your campus interview with learning the art writing content.

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