



# Technology Centre

## PERSONALITY DEVELOPMENT PROGRAMME

Helps you achieve Success..... Fast !

### AMAZING RESULTS ! WINNING STRATEGIES !

Brings out the BEST in YOU. Achieve Success at Interviews

**Course : Personality Development Workshop**

**Duration : 8 Sessions of 3 hours each.**

### CONTENTS

#### Developing Self Esteem & Self Confidence

Causes of low esteem.  
Importance of building Self Esteem.  
Action oriented techniques & exercises to build Self Esteem.

#### Managing Emotions

Effects of negative emotions.  
Identifying the negative emotions and eliminating them.  
Being able to read the message behind each emotion and take action.

#### Communication Skills

Building confidence by improving communication.  
Building reports.  
Understanding the process & importance of effective communication.  
Building a pleasing personality.

#### Developing Positive Mental Attitude

Your attitude contributes to your Success.  
Factors that determine Attitude.  
Benefits of a positive attitude.  
Steps to build the Mental Attitude & Optimistic approach.

#### Goal Setting

Why goals are important ?  
Dreams !  
Avoiding meaningless goals.  
Setting & achieving goals.

#### Motivation

Motivating yourself & others every day.  
Difference between Inspiration & Motivation. External & Internal Motivation. Incentives.  
Demotivating factors.  
Motivators.

#### Interview Techniques

(How to Succeed in Interviews)  
The Pre-Interview phase  
The Current phase  
The Post-Interview phase

#### Subconscious Mind & Habits

(Forming positive habits & character) Conditioning  
GIGO Principle  
The Conscious & Subconscious Mind  
Formula to form positive habits

**Certificate : Recognised Certificate From College or TMC.**

**YOUR TALENT - WE ONLY ADD VALUE**