

Session 1-2: Understanding Self

- ❖ Introduction to Personality Development
- ❖ Self-awareness and Self-reflection
- ❖ Identifying Strengths and Weaknesses
- ❖ Goal Setting and Personal Vision
- ❖ Importance of Emotional Intelligence

Session 3-4: Communication Skills

- ❖ Effective Verbal Communication
- ❖ Active Listening Techniques
- ❖ Non-verbal Communication and Body Language
- ❖ Assertiveness Training
- ❖ Developing Empathy and Compassion

Session 5-6: Interpersonal Skills

- ❖ Building Positive Relationships
- ❖ Conflict Resolution Strategies
- ❖ Networking and Social Etiquette
- ❖ Teamwork and Collaboration
- ❖ Handling Criticism and Feedback

Session 7-8: Time Management and Organization

- ❖ Prioritization and Goal Management
- ❖ Effective Planning and Scheduling
- ❖ Procrastination Management
- ❖ Stress Management Techniques
- ❖ Balancing Academic, Personal, and Social Life

Session 9-10: Personal Branding and Image Management

- ❖ Understanding Personal Branding
- ❖ Developing Professionalism and Integrity
- ❖ Online Reputation Management
- ❖ Dressing for Success
- ❖ Public Presentation Skills

Session 11-12: Leadership Development

- ❖ Introduction to Leadership Styles
- ❖ Decision Making and Problem Solving
- ❖ Motivating and Inspiring Others
- ❖ Delegating Responsibilities
- ❖ Ethical Leadership Practices

Session 13-14: Creativity and Innovation

- ❖ Stimulating Creativity and Idea Generation

- ❖ Overcoming Creative Blocks
- ❖ Implementing Innovative Solutions
- ❖ Embracing Change and Adaptability
- ❖ Fostering a Culture of Innovation

Session 15-16: Critical Thinking and Problem Solving

- ❖ Introduction to Critical Thinking
- ❖ Analytical and Logical Reasoning
- ❖ Decision Analysis and Problem Solving
- ❖ Creative Problem-solving Techniques
- ❖ Applying Critical Thinking in Real-world Scenarios

Session 17-18: Confidence Building

- ❖ Overcoming Self-doubt and Limiting Beliefs
- ❖ Building Confidence and Self-esteem
- ❖ Positive Affirmations and Self-talk
- ❖ Taking Risks and Embracing Failure
- ❖ Celebrating Achievements and Successes

Session 19-20: Career Development and Planning

- ❖ Exploring Career Options and Opportunities
- ❖ Resume Writing and Interview Skills

- ❖ Professional Networking Strategies
- ❖ Internship and Job Search Techniques
- ❖ Developing a Career Action Plan

Session 21-22: Financial Literacy and Management

- ❖ Basics of Personal Finance
- ❖ Budgeting and Financial Planning
- ❖ Managing Debt and Credit
- ❖ Investing and Saving for the Future
- ❖ Financial Independence and Long-term Goals

Session 23-24: Health and Wellness

- ❖ Importance of Physical Fitness
- ❖ Nutrition and Healthy Eating Habits
- ❖ Mental Health Awareness and Stress Reduction
- ❖ Developing Resilience and Coping Strategies
- ❖ Work-life Balance and Holistic Well-being