



PERSONALITY DEVELOPMENT

PROFESSIONAL TRAINING PROGRAM



DEVELOP THE PERSON YOU PRESENT TO THE WORLD

A practical personality development program designed to strengthen **self-confidence, communication, interpersonal skills and professional presence.**

KEY AREAS

Self-Confidence & Self-Awareness

Communication Skills

Body Language & Personal Presence

Emotional Intelligence

Interpersonal Skills

Professional Etiquette

PROGRAM SUMMARY



WHO SHOULD ATTEND THE PROGRAM ?

DESIGNED FOR THOSE READY TO GROW

Students & Graduates

Young Professionals

Job Seekers

Working Professionals

Entrepreneurs & Business Owners

Sales & Customer-Facing Professionals

Aspiring Leaders

Anyone looking to build confidence and personal effectiveness



WHAT YOU WILL BE ABLE TO ACHIEVE

01 **Communicate Effectively**
Express your ideas clearly

02 **Build Self-Confidence**
Develop greater self-esteem, confidence and a positive outlook.

03 **Strengthen Interpersonal Skills**
Build better relationships through empathy, active listening and effective interaction.

04 **Manage Time & Priorities**
Improve planning, prioritization and personal productivity.

05 **Develop Emotional Intelligence**
Understand emotions, and respond more effectively.

06 **Manage Stress & Anger**
Develop practical approaches to handle stress, pressure and emotional triggers.

07 **Improve People Management**
Strengthen teamwork, leadership, motivation and people-handling skills.

08 **Handle Conflict Effectively**
Understand conflict and use constructive communication to manage difficult situations.



COURSE OUTLINE

01 COMMUNICATION SKILL ENHANCER

Verbal Communication & Clarity Active Listening & Effective Expression

02 BODY LANGUAGE

Posture, Gestures & Eye Contact Facial Expressions & Professional Presence

03 INTERPERSONAL SKILLS

Relationship Building & Empathy Teamwork & Effective Interaction

04 SELF-ESTEEM

Self-Awareness & Self-Confidence Positive Mindset & Personal Growth

05 TIME MANAGEMENT

Prioritization & Goal Setting Planning & Productivity



06 Emotional Intelligence

Self-Awareness & Emotional Control Empathy & Social Awareness

07 Stress Management

Understanding Stress & Its Triggers Stress-Reduction & Coping Techniques

08 People Management

Leadership & Team Coordination Motivation & Effective Delegation

09 Anger Management

Understanding Anger Triggers Emotional Regulation & Response Strategies

10 Conflict Management

Understanding Conflict & Its Causes Communication & Conflict Resolution



LEARNING EXPERIENCE

LEARN. PRACTISE. REFLECT.



Practical

Hands-on learning through communication activities, interpersonal exercises and real-world scenarios.



Application-Based

Apply communication, time management and people skills in everyday situations.



Personal Growth

Strengthen interpersonal skills, professional presence and effective people management.



Confidence-Building

Develop self-esteem, confidence and a positive approach to personal growth.



Interactive

Practice emotional intelligence, stress management, anger management and conflict resolution.



24 HOURS TRAINING

OFFLINE & ONLINE SESSION • INTERACTIVE •
PRACTICAL • Professional Training • Interactive & Practical

FUTURE INNOVATOR
TRAINING INSTITUTE



READY TO BECOME A MORE CONFIDENT YOU? BUILD CONFIDENCE.

ENROL NOW

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