PERSONALITY DEVELOPMENT

SELF ANALYSIS

SWOT Analysis, Who am I, Attributes, Importance of Self Confidence, Self Esteem.

CREATIVITY

Out of box thinking, Lateral Thinking.

ATTITUDE

Factors influencing Attitude, Challenges and lessons from Attitude, Etiquette.

MOTIVATION

Factors of motivation, Self talk, Intrinsic & Extrinsic Motivators.

GOAL SETTING

Wish List, SMART Goals, Blue print for success, Short Term, Long Term, Life Time Goals.

Time Management

Value of time, Diagnosing Time Management, Weekly Planner To do list, Prioritizing work.