

Value Education Course in Personality Development

Duration: 30 Hours

Module I: Introduction to Personality Development

The concept of personality, significance of personality development. The concept of success and failure: What is success? - Hurdles in achieving success - Overcoming hurdles - Factors responsible for success – What is failure - Causes of failure. SWOT analyses.

Module II: Self Esteem:

Term self-esteem - Symptoms - Advantages - Do's and Don'ts to develop positive self-esteem – Low self-esteem - Symptoms - Personality having low self esteem - Positive and negative self-esteem. Interpersonal Relationships – Defining the difference between aggressive, submissive and assertive behaviours - Lateral thinking.

Module III: Different aspects of Personality Development

Body language - Problem-solving - Conflict and Stress Management - Decision-making skills - Leadership and qualities of a successful leader - Character-building -Team-work - Time management -Work ethics – Good manners and etiquette.

Module IV: Self Acceptance

Definition, Joe Hari Window, Positive Thinking and Positive Attitude, Depression – Causes and Consequences.

Module V: Stress Management

Causes of Stress and its impact, How to Manage & Distress, Circle of control, Stress Busters. Emotional Intelligence, emotional quotient, why Emotional Intelligence matters, Emotion Scales, Managing Emotions.