

## ➤ **Personality Development** *(Duration : 1 Month)*

This course deals with the dynamics of personality development and then proceeds to guide students in comparing themselves to the ideal so that they will become more aware of their personality. A unique personality development course that will enable students to adopt habits helping them develop a deep understanding and appreciation towards accepted social and professional behaviour.

### ✓ **Course Details:**

1. Introduction to personality Development
2. Finer points of Conversation / Behaviour
3. Good Grooming (Hair care, Hair styling, Skin care)
4. Public Relations
5. Table Manners
6. Inter-personal skills
7. Time Management
8. Stress Management
9. Attitude & Motivation
10. Dress to impress
11. Soft skills

### ✓ **Public Speaking:**

1. Mechanics of public speaking
2. Speaking with confidence
3. Audience Analysis
4. Extempore
5. Role Plays
6. Tips for Effective Debate / GD
7. JAM Session

Regd. Office : H. No. 238, High Tension Street No. - 2, Opp. Police Station,  
Kapashera, New Delhi - 110037

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✓ **Body Language:**

1. Right Gestures
2. Proper Postures
3. Facial Expressions
4. Eye Contact
5. Appearance

✓ **Empathy:**

1. Understanding Others
2. Understanding Yourself
3. Emotional Intelligence
4. Building Social Rapport
5. Health Management

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