

PERSONALITY DEVELOPMENT - TRAINING

INTRODUCTION :-

Personality development means developing a personality cult so as to create a strong positive impression about you. Personality development occurs by the ongoing interaction of temperament character, and environment. Personality is somewhere eternal and it is mainly dependent on the atmosphere in which a human being grows up. The degree of a person's success is directly dependant on the kind of personality he has. There are various key factors of a good personality and to enhance those characteristics of a human being is actually called PERSONALITY DEVELOPMENT.

Personality Development is all about:-

- ❖ Public Speaking
- ❖ Body Language
- ❖ Behavior
- ❖ Anger Management
- ❖ Physical Fitness
- ❖ Food Habit
- ❖ Friends Making Skills
- ❖ Learning Skills
- ❖ Relationship Skills
- ❖ Communication Skills
- ❖ Dealing With Problems

Why Grooming ?

Outward appearance is the showcase of your personality to the world. External appearance is important as the first impression gives others an idea about your personality, thereby influencing their thinking about interacting with you.

Better outward appearance is :

- ❖ Easier thing for others to examine
- ❖ It is easier to improve.
- ❖ Has a more direct and immediate effect on one's interactions with others.

OBJECTIVE :-

The objective of the training programme is bring about personality development with regard to the different behavioural dimensions that have far reaching significance in the direction of organisational effectiveness. The main goal of the personality development center is to provide students with a cohesive and integrated Personality Development Program which includes:

- ✓ Improves communication and leadership skills of the students.
- ✓ Complements the academic program and the student's long-term career objectives.
- ✓ Is innovative and of the highest quality possible.
- ✓ Is diverse and flexible enough to meet the changing needs of the marketplace.
- ✓ Is successful and continuously monitored for improvements.

BENEFITS OF PERSONALITY DEVELOPMENT TRAINING :-

- The Personality Development Program forms a part of the self development process
- Personality development course lets you adopt a right mindset required to achieve success at professional as well as personal areas of life
- Get a tool to change the attitude towards situation and people from 'react' to 'respond' in your environment
- Shift to the positive way you think about your circumstances and environment and to make best use of it
- Helps you to understand the factors that contribute to your success and the barriers to it
- Get a deeper understanding of self to improve your performance level as an Individual
- Be more aware and to chalk up a self development plan
- Be better equipped to overcome the barriers to your succeed

LEARNING OUTCOMES OF PERSONALITY DEVELOPMENT :-

1) Self-Awareness, Personal Development, and Life Skills:-

- Develop and exhibit an accurate sense of self
- Develop and nurture a deep understanding of personal motivation
- Develop an understanding of and practice personal and professional responsibility

2) Leadership and Communication:-

- Develop and articulate a personal philosophy of leadership
- Understand concepts of democratic leadership and processes
- Learn to evaluate and improve upon personal leadership strengths and weaknesses
- Take responsibility
- Think critically
- Learn to effectively lead others on a project or in an organization

3) Social Justice and Responsibility:-

- Learn social responsibility
- Identify and understand the impact of culture on one's leadership style
- Develop a sense of citizenship
- Prepare for community involvement