Course Overview

Empower yourself through self-awareness, goal setting, communication, critical thinking, and lifelong growth. Gain the tools to improve your personal and professional life.

Module Overview

Module	Focus	Key Activities	Assessment
1. Introduction	Understand personal growth & self-assessment	SWOT analysis, reflection journal, group discussion	Personal growth statement
2. Self-Awareness & EQ	Develop self-awareness & emotional intelligence	EQ quiz, mindfulness exercises, journaling	Self-awareness report, peer feedback
3. Goal Setting & Motivation	Set SMART goals & boost motivation	Goal-setting workshop, motivation mapping	SMART goal plan, progress log
4. Time Management & Productivity	Prioritize & manage time effectively	Time audit, planning exercises, tool demo	Productivity plan, quiz
5. Communication & Interpersonal Skills	Enhance communication & relationships	Role-play, peer feedback, networking simulation	Communication reflection, role-play participation
6. Critical Thinking & Problem Solving	Develop analytical & creative thinking	Case studies, brainstorming	Problem-solving report
7. Personal Health & Well-being	Prioritize mental, physical, and emotional health	Meditation, wellness plan creation	Wellness plan, reflection journal

Module	Focus	Key Activities	Assessment
8. Financial Literacy	Manage finances & plan for the future	Budgeting workshop, goal-setting	Monthly budget plan, finance quiz
9. Leadership & Influence	Build leadership & influence skills	Leadership simulation, peer feedback	Leadership reflection, project presentation
10. Lifelong Learning & Growth Mindset	Foster adaptability & continuous growth	Personal development plan, peer sharing	Personal development plan, final reflection essay

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Learning Outcomes

By the end of this course, participants will be able to:

- Identify personal strengths and areas for growth
- Set and achieve meaningful personal and professional goals
- Manage time, stress, and resources effectively
- Communicate confidently and build healthy relationships
- Apply critical thinking to solve problems
- Develop financial literacy and leadership skills
- Commit to lifelong learning and continuous self-improvement