Unit 1: Interpersonal Relationship
Types of relationship- My relationship web-I can appreciate-Relationship recipe-Ending relationship constructively

Unit 2: Communication Skills
Define communication - model for communication - problem and benefits of communication - rules for communication - what is presentation - 44 practical tips for making presentation - body language and it's importance - fears in communication - Steve Jobs: A case study. Time management: Smart goal setting method-21 practical techniques for managing time.

Unit 3: Interview Skills
Define resume - types of resume - how to write resume - mistakes to be avoided in a resume - Define Group Discussion - types of GD - tips for GD – common Questions/Answers in interview.

Unit 4: Creativity and Problem Solving
Define problem solving - steps in problem solving - different creativity techniques - design thinking - six thinking hats - biomimicry - brainstorming - attribute listing - lateral thinking - decision making - cost: benefit analysis - decision making tree.

Unit 5: Habits and Success
Define habit - importance of habits - habit cycle - how to overcome bad habits - 8 different success habits to be developed - Define success - 15 laws for attaining success.

Unit 6: Stress Management

Unit 7: Attitude and Personality Development
Define Personality, Attitude, Behaviour - Define belief, principle, values - Define Play - importance of play - Define empathy - benefits of empathy-know your purpose- Ikigai technique.

Total: 30 hours

Text Books:

References:

Facilitator : Ms. Sujitha Sairam, Strategic Life Coaching Practitioner
Eligibility : 2nd/4th/6th/8th semester students
Course Fee : Rs. 1000/- (Inclusive of GST)
Course Duration : 30 Hours
Course Starts on : 1st March, 2022 via online mode (Weekdays: 5:00pm – 6:30 pm)

LAST DATE FOR REGISTRATION: 16th February, 2022
COURSE LINK will be shared to the REGISTERED PARTICIPANTS VIA MAIL.

Registration Details : Registration fee is to be paid through online
Bank Account Number: 1481267367
Beneficiary Name: PSG Centre for Nonformal & Continuing Education
IFSC Code: CBIN0280913
Bank Name: Central Bank of India
Branch Address: Peelamedu, CBE

For Registration Please click the link: https://forms.gle/KdfEimAkfd6zscHn6