

INTERPERSONAL SKILLS AND SELF DEVELOPMENT

“Enhance Personal Effectiveness, Build Strong Relationships, and Unlock Your Potential.”

Schedule

Venue (InHouse)	Fees
At Your Organization Premises	Ask For The Quotation

Introduction

Personal effectiveness and strong interpersonal skills are essential for success in both professional and personal life. This course focuses on developing self-awareness, communication, emotional intelligence, and relationship-building abilities that empower participants to achieve their goals and perform at their best.

Through interactive exercises, reflective activities, and practical workshops, participants will explore their strengths and areas for improvement, learn to manage emotions, build confidence, and enhance their ability to interact effectively with others. This course emphasizes continuous self-improvement and professional growth while fostering productive workplace relationships.

Objectives

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

- Develop self-awareness and emotional intelligence for personal growth.
- Enhance communication and interpersonal relationship skills.
- Identify and leverage personal strengths for professional effectiveness.
- Build confidence and assertiveness in professional settings.
- Manage stress, emotions, and workplace challenges effectively.
- Improve teamwork, collaboration, and influence in organizational settings.
- Set personal and professional development goals and create actionable plans.
- Adopt habits that support continuous learning, resilience, and career growth.

Why Attend

This course is essential for individuals aiming to enhance personal effectiveness, professional relationships, and career growth. Participants will gain practical tools to understand themselves better, communicate more effectively, and foster strong connections with colleagues and stakeholders, leading to greater personal and organizational success.

Target Audience

This course is suitable for:

- Professionals at all levels seeking personal and professional growth
- Team members, supervisors, and managers aiming to improve interpersonal skills
- HR and OD professionals involved in training and development
- Individuals preparing for leadership roles
- Anyone seeking to enhance self-awareness, confidence, and relationship-building skills

Individual Benefits

- Gain clarity on personal strengths, weaknesses, and areas for improvement.
- Enhance self-confidence, assertiveness, and communication skills.
- Improve emotional intelligence and ability to manage stress and emotions.
- Develop skills to build stronger relationships and influence others effectively.
- Learn strategies for continuous self-improvement and personal growth.
- Increase motivation, resilience, and adaptability in professional settings.
- Create a personal development plan aligned with career goals.

Organizational Benefits

- Improve employee engagement, teamwork, and collaboration.
- Foster a culture of continuous learning, personal accountability, and growth.
- Enhance communication, problem-solving, and interpersonal effectiveness across teams.
- Reduce conflicts and workplace misunderstandings.
- Support leadership pipelines by developing self-aware and confident employees.
- Increase organizational performance and employee satisfaction.
- Strengthen alignment between individual goals and organizational objectives.

Instructional Methodology

The training uses an interactive and experiential approach through:

- Self-assessment and reflection exercises
- Group discussions and collaborative activities
- Role-playing and scenario-based exercises
- Workshops on communication, emotional intelligence, and self-management
- Case studies and practical exercises for personal development
- Facilitator-led guidance with continuous feedback and Q&A sessions

Course Outline

- Module 1: Understanding Self - Self-Awareness and Emotional Intelligence
- Module 2: Communication Skills for Effective Interaction
- Module 3: Building Confidence and Assertiveness
- Module 4: Stress Management and Emotional Resilience
- Module 5: Relationship-Building and Influencing Skills
- Module 6: Teamwork, Collaboration, and Conflict Management
- Module 7: Personal Goal Setting and Motivation
- Module 8: Continuous Learning and Professional Growth
- Module 9: Time Management and Productivity Enhancement
- Module 10: Capstone Activity - Developing a Personal Self-Development Action Plan

Certification

Upon successful completion, participants will receive a Certificate in Interpersonal Skills and Self Development, recognizing their ability to enhance personal effectiveness, build strong relationships, and support professional growth.

Why Choose MAWA Events

- **Global Expertise:** More than 17 years of experience in professional training and consulting.
- **Industry-Leading Faculty:** Courses delivered by seasoned professionals with hands-on experience.
- **Practical Insights:** Learn to turn theory into actionable strategies for real-world business impact.
- **Client-Focused Solutions:** Customized programs designed to achieve your organisation’s unique goals.

<p>In-House / Customized Training</p> <p>Interested in running this course for your team?</p> <p>Please contact us:</p>	<p>TEL:</p> <p>+601116373203</p>	<p>EMAIL:</p> <p>info@mawaevents.net</p>
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