



# Vaiyath Thalaimai Kol Media Academy

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Personality Development & Entrepreneurial Development Class

# PERSONALITY DEVELOPMENT TOPICS

**PART 1 UNDERSTANDING OURSELF, ACCEPTING OURSELVES & IDENTIFYING OUR SKILLS**

**PART 2 IDENTIFYING LIFE GOALS**

**PART 3 EQUIPING OURSELVES FOR LIFE & CAREER**

**PART 4 INTERVIEW SKILLS, JOB SKILLS, ENTREPRENUERIAL SKILLS**

**PART 5 ACTIVITIES**

## **PART 1**

# **UNDERSTANDING OURSELF, ACCEPTING OURSELVES & IDENTIFYING OUR SKILLS**

- 1. WHAT IS PERSONALITY DEVELOPMENT**
- 2. SMART**
- 3. ID EGO SUPER EGO**
- 4. SELF ESTEEM**
- 5. POSITIVE AFFIRMATIONS**
- 6. PERSONAL SPACE**
- 7. JOE HARRY WINDOW**
- 8. SWOT**

## **PART 2 IDENTIFYING LIFE GOALS**

- 1. MY DREAM JOB / CAREER**
- 2. MY DREAM HOUSE**
- 3. MY DREAM VEHICLE**
- 4. GOAL FOR FAMILY, FRIENDS & RELATIVES**
- 5. GOAL FOR SOCIETY**
- 6. GOAL FOR HEALTH**
- 7. GOAL FOR TOUR & ENTERTAINMENT**
- 8. RELIGIOUS GOALS**
- 9. FINANCIAL GOALS**



## **PART 3      EQUIPING OURSELVES FOR LIFE & CAREER**

- 1.            ATTITUDE**
- 2.            SELF CONFIDENCE**
- 3.            DECISION MAKING & PROBLEM SOLVING**
- 4.            MOTIVATION**
- 5.            AM – ANGER MANAGEMENT**
- 6.            PM – PRIORITY MANAGEMENT**
- 7.            CM – COMMUNICATION MANAGEMENT**
- 8.            DM – DELAY MANAGEMENT**
- 9.            EM – EMOTIONAL MANAGEMENT**
- 10.          FM – FEAR MANAGEMENT**
- 11.          FM – FINANCIAL MANAGEMENT**
- 12.          SM – STRESS MANAGEMENT**
- 13.          TM – TIME MANAGEMENT**

## **PART 4      INTERVIEW SKILLS, JOB SKILLS, ENTREPRENUERIAL SKILLS**

- 1.            RESUME WRITING**
- 2.            INTERVIEW**
- 3.            BODY LANGUAGE**
- 4.            JOB SKILLS**
- 5.            SOFT SKILLS**
- 6.            TEAM BUILDING**
- 7.            LEADERSHIP SKILLS**
- 8.            ENTREPRENUERIAL SKILLS**

## **PART 5      ACTIVITIES**

- 1.            MOTIVATION WALL**
- 2.            CREATORS' GARDEN**
- 3.            ENTREPRENUERS' CENTRE**
- 4.            TEACHERS B'DAY**
- 5.            ALBUMS**