



Welcome to UrbanPro.com

Personality Development Training with Rathis Ramanathan

- ❖ **Self-Awareness : Understanding strengths, weaknesses, Opportunities & Threat**
- ❖ **Confidence Building : Self-belief and positive mindset**
- ❖ **Communication Skills : Verbal and non-verbal expression**
- ❖ **Emotional Intelligence : Managing emotions and empathy**
- ❖ **Critical Thinking : Problem-solving and decision making**
- ❖ **Interpersonal Skills : Building meaningful relationship**



- ❖ **Time Management : Prioritizing and organizing effectively**
- ❖ **Stress Management : Practicing Mindfulness, Yoga or Meditation**
- ❖ **Leadership : Inspire and guide others toward goals**
- ❖ **Teamwork : Collaborate effectively in diverse groups**
- ❖ **Public Speaking : Present ideas confidently**
- ❖ **Collaboration & Networking : Build meaningful professional connection**



Personal Growth Areas:

- ❖ Positive thinking and growth mindset
- ❖ Goal setting and achievement strategies
- ❖ Creativity and innovation development
- ❖ Cultural sensitivity and inclusion

Overcoming Development Barriers:

- ❖ Challenge negative self-beliefs and limiting thoughts
- ❖ Embrace failure as part of the learning process
- ❖ Seek support when facing obstacles
- ❖ Stay patient and committed to long-term growth



Thank You!



Any Questions?

