

# Behavioural Skills

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Category:

SPECIALIZED COURSES



## INTRODUCTION

**The right attitude gets you to right places,  
but where can you find the right attitude?**

It is often seen that more than knowledge speaks a persons' attitude. The way he speaks and addresses others and himself brings out his behavioural or person skills.

However, expressing oneself has never been an easy task, you might find yourself at a loss of words and patience in front of a disgruntled employee or coaxing family members.

At Skill Arcade, we help individuals understand the importance of certain behavioural assets, the art of using these assets and how they could enhance their impact on others and oneself.

## WHAT WILL WE COVER?

SWOT analysis  
Anger management  
Criticism handling  
Interpersonal skills  
Assertiveness  
Positive attitude  
Confidence building  
Goal setting

## WHAT WILL YOU LEARN?

- You will know your Strength ,weakness, opportunity & Threats.
- Learn the techniques to manage and control anger for better relationships & health.
- Understand what is Constructive Criticism .
- How to handle criticism and move on happily in life.
- How to handle peers, boss, colleagues and other relations.
- How to make sure people do not take you for granted.
- Understand the difference between Aggressiveness ,Submissiveness & Assertiveness.
- How to get your points across so that people understand you better.
- Have the positive thinking and the positive attitude needed to be successful in life.
- Have great confidence to face the challenges of the world.
- Set a goal and understand the journey to reach it.
- Follow the path of the journey and reach your goal.