

LIFE SKILLS DEVELOPMENT & MENTORING

Objective:

PERSONAL SKILLS: To build high energy in students to become physically fit, mentally positive and emotionally enthusiastic. It also enhances the effectiveness and efficiency in the students which helps in ensuring optimum utilization of resources for executing an assigned task at workplace.

PEOPLE SKILLS: Contributes towards enhancing relationship the both personal and professional life by focussing on team work skills, relationship management and interpersonal skills.

Life skills training help to draw out the best in employees. It helps people learn the practical aspects to lead a productive life, which can support to create a sense of consistency and equilibrium.

Physical Wellness
Positive Attitude
Emotional Enthusiasm
Self Confidence
Time Management
Team Management
Networking

Module 1: Communication, Verbal & Nonverbal, Time management skills.

Module 2: Presentation skills, Interview, Group Discussion.

Module 3: Introduction –skills for listening and understanding, skills for choosing and start relationship, skills for anger management coping with emotions and stress, leadership skills.