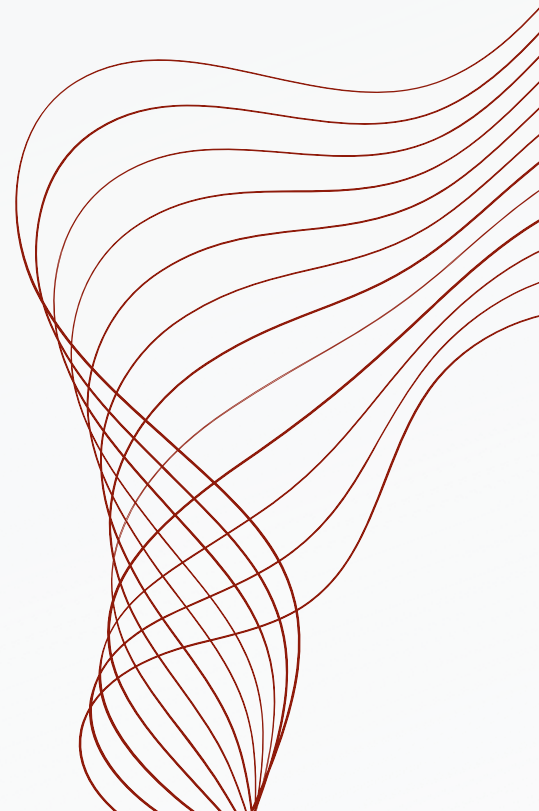


PERSONALITY DEVELOPMENT COURSE



ABOUT AMDC

 50+ Hours of Training


 ISO Certified Course

 Industry Expert Faculty

 Placement Assistance

 Lifetime Support

 Soft Skill Development

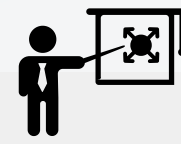
 One to One Mentorship



WHY PD FROM AMDC?



Helps improve communication skills



360 Degree Personality Development



Better Employability



Goal Setting and Target Achievement



Higher Confidence and Self Esteem



Foster Interpersonal Relationship



Helps Build Emotional intelligence



01

02

03

04

SWOT ANALYSIS

Understanding your strength, weaknesses, and opportunities

COMMUNICATION SKILLS

Types, Process, Non-verbal, Body language, Barriers, Do's and don'ts, Advantages, Spontaneous speaking skills, Tests, Quizzes, role plays

ETIQUETTE

Interview etiquette, Telephone/Meeting/ E-Mail etiquette, Dress for success, Personal professionalism, Good & bad manners, Body language, social etiquette

GOAL SETTING

Crafting Vision board, Effective goal setting and Time management skills

05

06

07

08

POSITIVE ATTITUDE

Check the way we think, 'Yes, I can', Power of right attitude, Taking responsibility, Optimism, Action plan for positive attitude, 7 habits of highly effective people

TEAM BUILDING

Self-perception inventory, Dysfunctions in a team, Characteristics of high performing team, Team players, attitude for team building, team-building activities and roleplays

CONFLICT RESOLUTION

Negotiation skills, Assertiveness, Persuasion skills, how to influence others, Emotions control, Communicating with difficult people

EMOTIONAL INTELLIGENCE

What is EI, Past programming, Emotional brain, Understand our feeling & others, Relationships management, Self awareness, self management



09

MOTIVATION

Work motivation, Management & motivation, Nature of motivation, How to get motivated, Motivation for taking actions

10

LEADERSHIP SKILLS

Leadership traits, Identifying potentials, Competencies, SWOT, Mastering leadership skills, Self analysis, Aspects, Team management

11

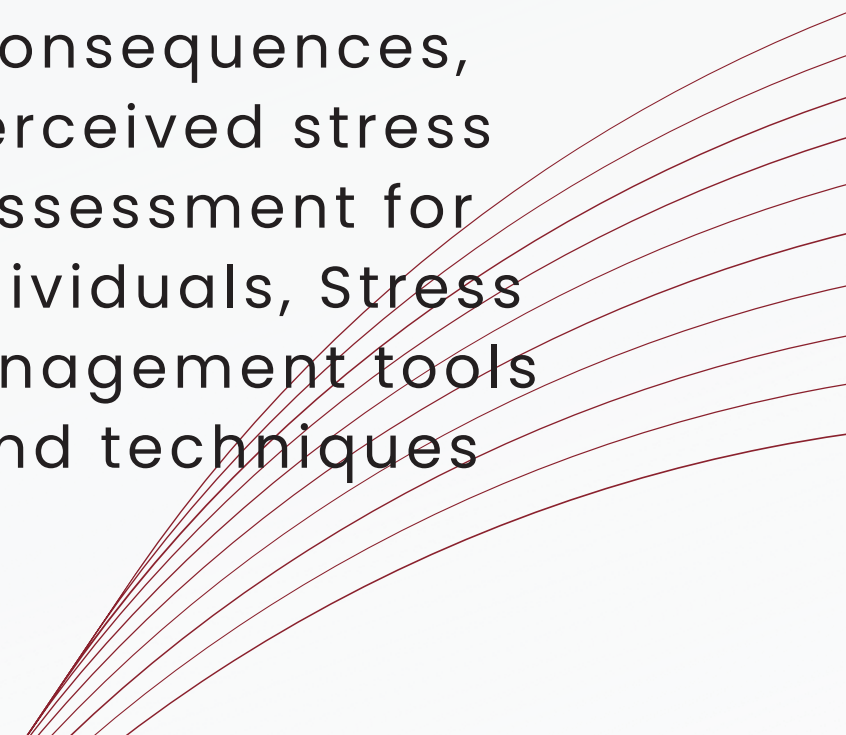
PRESENTATION SKILLS

Public speaking, Audience perception, Posture/Eye contact/volume/pitch, Audience needs, First impression, Maintaining audience interest, Persuasive presentation, Visuals, Handouts, Overcoming objections

12

STRESS MANAGEMENT

Causes and consequences, Perceived stress assessment for individuals, Stress management tools and techniques



KNOW YOUR MENTOR

- **Professor of Practice**
- **Style coach**
- **Mrs India Earth Gujarat 2017**
- **Professional soft skill trainer**
- **Business Head at FAB Institute**
- **Co-owner at Pooja Textiles**



POOJA SHAH

TESTIMONIALS

Patel Gun



The personality development course was transformative, empowering personal growth. Engaging instructor, comprehensive content, and practical exercises enriched the learning experience. Highly recommended for self-awareness and confidence building. Valuable investment in personal development. Thank you Arihant Meta Skill Development Center for the Personality Development Course!!!

Harshil Siddhapuria



I wholeheartedly recommend the "Personality Development" course to anyone seeking personal growth and self-improvement. The course is thoughtfully designed, expertly delivered, and provides practical tools for transforming oneself positively. It has been a life-changing experience, and I am immensely grateful for the profound insights and guidance provided throughout the journey. Thank you Arihant Meta Skill Development Center for the wonderful opportunity!!!

Get in Touch

**Batch Starts from
1st May**

Fees: 3000+GST

Contact us to get more info



307 Aastha Corporate Capital, Vesu
Surat



+91 98793-39663 / 99795-44542



www.arihantmetaskill.com

