

Personality development is a process of becoming a better person. It involves the development of various skills and qualities that help us to live a better life. Some of the key areas of personality development include:

- Self-awareness: Understanding our own strengths, weaknesses, and emotions.
- Self-management: Controlling our emotions, thoughts, and behaviors.
- Social skills: Interacting effectively with others.
- Problem-solving: Finding creative solutions to challenges.
- Decision-making: Making choices that are in our best interest.
- Resilience: Bouncing back from setbacks and adversity.
- Empathy: Understanding and caring for the feelings of others.
- Communication: Expressing our thoughts and feelings clearly.
- Teamwork: Working effectively with others to achieve common goals.
- Leadership: Inspiring and motivating others to follow.
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At the end of the module, participants will be able to:

- Define what is personality development
- List out various dimensions of personality development related to volunteers
- Explain empathy
- Describe coping, critical thinking, problem-solving, decision making and their relevance in personality development
- Define teamwork and appreciate the importance of teamwork
- Explain what is leadership
- List out qualities of a good leader
- Explain what is communication
- Define one-way and two-way communication
- List out the components of a communication loop
- Describe what is verbal and non-verbal communication and what is body language

- Practice skills for effective public speaking
- Describe the importance of writing skills
- Explain what is G-A-T-H-E-R approach for interpersonal communication (IPC)

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The module consists of 5 sessions.

Session 1: Personality Development

Session 2: Team Building and Leadership

Session 3: Communication Skills - Part 1

Session 4: Communication Skills - Part 2

Session 5: Interpersonal Communication Skills

Final Exam

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20 exercises delivered in an interactive, gamified manner.

AUDIENCE CIBLE

Youth volunteers in India