



Centre for Organization Development

Consulting • Training • Research

ENHANCING PERSONAL AND INTERPERSONAL SKILLS

From Self-Awareness to Stronger Relationships



DEC 14-16, 2026

Venue: COD-Hyderabad



Professional Fees:
Residential: Rs.24,000/-
Non-Residential: Rs.21,000/-



OBJECTIVES

To enable the participants enhance their personal and interpersonal effectiveness so as to make them succeed in life with a focus on achievement of organizational goals.



TRAINING MODULES

- Insights into Self for Identifying the areas for Effectiveness
- Relationship Building Skills
- Managing One's Stress and Emotions
- Forging Connections through Communication
- Relating well with Others through Listening
- Presentation One's Thoughts and Ideas
- Managing Interpersonal Conflicts
- Managing time to Achieve Life Priorities
- Managing Personal Change



TARGET PARTICIPANTS

For senior and middle level executives of public sector, private sector and government organizations. The program will also be useful for HR professionals and trainers.



METHODOLOGY

The program is designed to facilitate experiential learning through interactive sessions, which are organized around case studies, group activities, discussions, psychological instruments, exercises, films, etc.

This program can also be customized to meet the specific needs of your organization, upon request.