



Centre for Organization Development

Consulting • Training • Research

PERSONAL GROWTH THROUGH SELF EXPLORATION

Unlock Your Inner Potential through Self-Discovery



JAN 18-22, 2027

Venue: COD-Hyderabad

Professional Fees:
Residential: Rs.40,000/-
Non-Residential: Rs.35,000/-



OBJECTIVES

- To get an insight into the beliefs, attitudes, values and self-concept.
- To appreciate the value of emotional intelligence.
- To understand the importance of communication in our interpersonal relations.
- To enhance personal effectiveness by developing personal power and constructive openness



TRAINING MODULES

- Who am I? Beliefs, attitudes, values and self-concept
- Communication – Transactional analysis
- Interpersonal relations
- Emotional intelligence
- Developing personal power
- Management of change
- Constructive openness and interpersonal feedback
- Developing personal effectiveness



TARGET PARTICIPANTS

This program is suitable for all leaders and managers who are interested in understanding and managing 'self' to enhance their personal effectiveness and managerial excellence.



METHODOLOGY

Psychometric instruments, structured exercises, participative discussions on concepts, analysis, feedback and action planning.

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