

**ONE MONTH PERSONALITY IN DEVELOPMENT PROGRAMME COURSE OFFERED BY
GOVT MIZORAM LAW COLLEGE, AIZAWL, MIZORAM**



Objectives:

1. *Having self awareness*
2. *Guide you to have a sense of direction*
3. *Improved focus and effectiveness*
4. *Gives motivation*
5. *Greater resilience*

Organised by: Career and Councelling Cell & RUSA, Govt. Mizoram Law College

Duration : 1st September to 5th October, 2017

Time : 1:30 to 3:30 p.m.

Venue : 3rd semester Classroom, GMLC

PERSONALITY DEVELOPMENT PROGRAMME

TOPICS COVERED/SYLLABUS

1. **LEADERSHIP:** Introduction to leadership, Leadership power, Leadership styles, leadership in administration.



2. **INTERPERSONAL RELATIONS:** Introduction to interpersonal relation, analysis of different ego states, analysis of transactions, analysis of strokes, analysis of life position.



3. **Introduction to communication:** Flow of communication, listening barriers of communication. How to overcome barriers of communication, building self esteem & self confidence, working on attitude aggressive, assertive and submission.



4. **Stress management:** Causes of stress, managing stress, Impact stress



5. **Group Dynamic & Team Building:** Importance of groups in organization, interactions in group, group decision taking, team building, interaction with the team, how to build a good team.



6. **Conflict management:** Introduction to conflict, causes of conflict, managing conflict



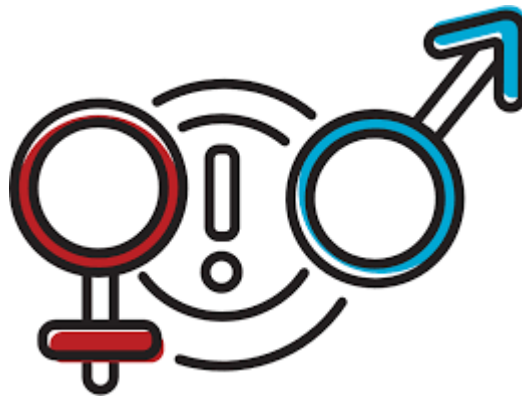
7. **Time Management:** Time as a resource identity importance waster, individual time management styles, technique for better time management



8. **Skill Development:** Introduction to skill development, Are you a good listener?
Communication skills, telephone etiquette's, Email etiquette, Handling of clients/customer



9. **Sexual and Reproductive health:** Introduction of reproductive health, Human Sexuality, Puberty and Abortion , STD & HIV, Family Planning Methods, SRH and Participation of male partner



10. **Motivation:** Introduction of motivation, relevance and types of motivation, motivating subordinates, analysis of motivations.

