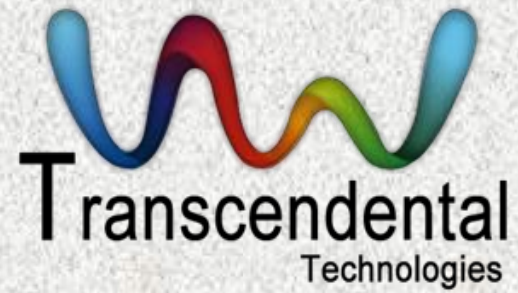


Transcendental Technologies



TRAIN YOUR BRAIN



Topics to be covered

1. PERSONALITY DEVELOPMENT

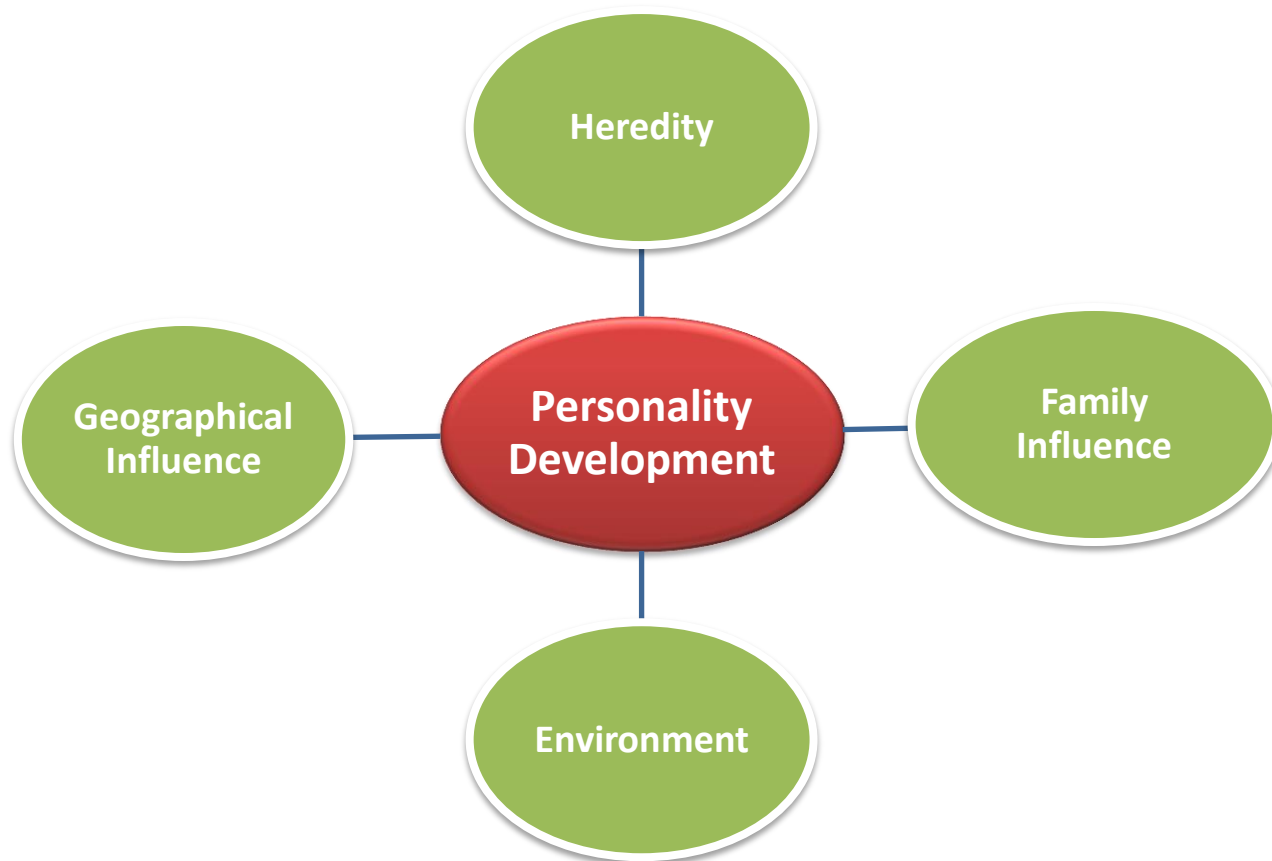
Personality is the characteristics of a person that makes him/her unique.

Personality Development is the process of enhancing One's personality.

- It increases your confidence.
- It helps you develop positive attitude towards life.
- It helps you to stand unique in crowd.



Factors Influencing Personality Development



2. SKILLS DEVELOPMENT

It is the process of identifying your skills and improving those skills. Skills play vital role to achieve your goals .

1. Interpersonal Skills :

The way we communicate or interact with individuals or in groups.

- Listening
- Teamwork
- Motivation
- Leadership are some of the examples of Interpersonal skills.



2. Interview Skills :

- Presentation Skills / Resume Writing
- Body Language
- Self Confidence
- Formal Dressing



3. THINKING

It is a mental activity. Ideas, thoughts coming your mind to solve problems or take decisions.

Main types of Thinking

- ❖ Convergent Thinking
- ❖ Divergent Thinking
- ❖ Critical Thinking
- ❖ Creative Thinking



4. CONFIDENCE BUILDING



Self confidence is trusting yourself.

It helps you to achieve your goals in life

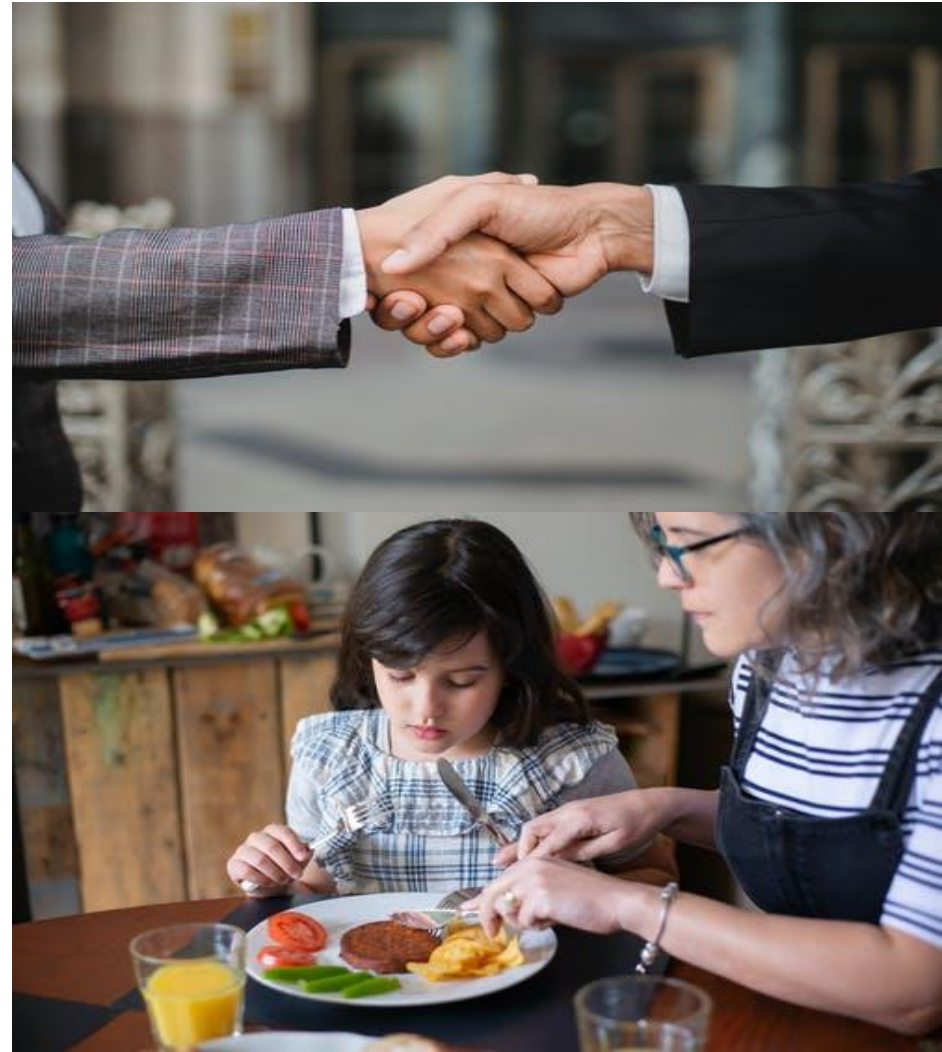
- Makes you fearless
- Eliminates Negativity
- Peace of mind
- Removes stress
- More Happiness
- Improves your performance
- Greater success

5. ETIQUETTES

Set of rules and manners that are considered correct and acceptable in society.

Types of Etiquette :

- Meeting Etiquette
- Telephone Etiquette
- Workplace Etiquette
- Eating Etiquette
- Social Etiquette



6. STRESS AND TIME MANAGEMENT

Stress occurs when we come across any unexpected situation in our life that makes us angry, frustrated or nervous.

Most Common Causes of Stress are :

- Work pressure
- Study
- Relationship
- Worrying

Stress management is essential for a happy and healthy life.



Time management is planning or prioritizing your tasks /activities in a proper way.

Stress and Time management always go hand-in-hand. “TIME” is the most precious thing in life. Once gone, you’ll never get it again. Everyone is running out of time now-a-days. Time management is required to accomplish the tasks you have planned.

Advantages of Time Management

- No stress
- Improves productivity
- Good Relationship
- Improves health
- Happy Life
- Goal achievement





Benefits of the Program

- Know yourself
- Improves your self-esteem
- Helps you achieving your goals
- Improves communication skill
- Gives you sense of direction
- Overcome fear
- Personal & Career growth
- Makes you more creative
- Increases confidence level
- Greater Resilience
- Improves skills
- Goal Setting
- Good Relationships

Additional Benefits

- Seminar by Industry Experts
- 100% Job Assistance

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