FAZLANI AISHABAI & HAJI ABDUL LATIF CHARITABLE TRUST'S

AISHABAI COLLEGE OF EDUCATION ORGANIZES
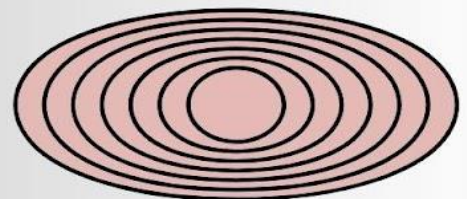
ONLINE PERSONALITY DEVELOPMENT MASTERY

Date
21st September 2021
to
11th October 2021

Venue: Online

Resource Person
Sofia Edroos

Principal
Harsha Merchant

Online Personality Development Mastery

Course Objectives:

- Develop a strong sense of self-awareness and emotional intelligence.
- Improve verbal and non-verbal communication skills for effective interaction.
- Build and sustain confidence in various life situations.
- Understand and apply principles of personal grooming and etiquette.
- Manage stress effectively and maintain a positive attitude.
- Enhance interpersonal skills and teamwork capabilities in a virtual environment.

Course Structure:

Module 1: Introduction to Personality Development (3 hours)

- Online Session: Understanding Personality and Its Components
- Self-Assessment Activity: Discovering Strengths and Weaknesses
- Discussion Forum: Importance of Personality Development in the Digital Age

Module 2: Self-Awareness and Emotional Intelligence (5 hours)

- Pre-recorded Lecture: Exploring Self-Concept and Emotional Intelligence
- Interactive Quiz: Assessing Emotional Intelligence
- Live Workshop: Techniques for Improving Self-Awareness
- Group Activity: Sharing Personal Growth Stories in a Virtual Setting

Module 3: Communication Skills in a Digital World (6 hours)

- Online Webinar: Effective Verbal and Non-Verbal Communication
- Virtual Role-Playing: Practicing Active Listening and Effective Speaking
- Discussion Board: Challenges of Digital Communication
- Assignment: Creating a Video Presentation on a Chosen Topic

Module 4: Building Confidence Online (4 hours)

- Video Tutorial: Confidence Building Techniques
- Peer Feedback Session: Practicing Confidence in Online Presentations
- Self-Reflection Exercise: Overcoming Self-Doubt in a Virtual Environment

Module 5: Personal Grooming and Etiquette for Virtual Presence (4 hours)

- Online Lecture: Importance of Virtual Grooming and Presence
- Live Session: Dressing and Presenting Yourself Professionally Online
- Etiquette Quiz: Understanding Online Meeting Etiquette
- Practical Assignment: Setting Up a Professional Online Profile

Module 6: Stress Management and Positive Thinking (4 hours)

- Pre-recorded Session: Identifying and Managing Online Stressors
- Guided Meditation: Techniques for Relaxation and Focus
- Discussion Forum: Sharing Stress Management Strategies
- Positive Thinking Exercise: Developing a Growth Mindset

Module 7: Enhancing Interpersonal Skills and Teamwork Virtually (3 hours)

- Live Session: Building Strong Virtual Teams and Relationships
- Group Project: Collaborative Task in a Virtual Team
- Conflict Resolution Activity: Handling Disagreements in Online Settings

Module 8: Final Assessment and Personal Development Plan (1 hour)

- Live Presentation: Participants Present Their Personality Development Plans
- Peer and Instructor Feedback Session
- Course Wrap-Up and Certification

Teaching Methodology:

- Live Interactive Sessions via Video Conferencing Platforms
- Pre-recorded Lectures and Tutorials
- Discussion Forums and Peer Interaction
- Self-Assessment Tools and Quizzes

- Virtual Role-Playing and Group Activities
- Guided Meditation and Stress Management Exercises
- Final Project Presentation and

FeedbackEvaluation:

- Continuous Assessment: Participation in Live Sessions and Forums (40%)
- Assignments: Video Presentation and Grooming Task (30%)
- Final Project: Personality Development Plan Presentation

(30%)Certification:

Participants will receive a digital certificate upon successful completion of the course, showcasing their enhanced personality development skills tailored for theonline environment.