



Self Awareness/Actualization a.k.a Life Coaching, 0



Seller Info

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Listing details

Description

Price: 0
Title: Self Awareness/Actualization a.k.a Life Coaching

Location

Additional information

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<p>This course is for any individual who wants to know <u>who</u> they are, what their purpose is, and how they can better themselves. Self-Awareness is having a clear perception of your personality, including strengths, weaknesses, thoughts, beliefs, motivation, and emotions. It allows you to understand other people, how they perceive you, your attitude and your responses to them in the moment; as well as, understanding the reasons for feeling confident and lacking confidence. You will be given the skills to assist you in every aspect of your life.</p> <p><u>People who should attend:</u></p> Anyone, Leaders, Team Members, Facilitators, PR Professionals, Sales Professionals. <p><u>Benefits:</u></p> Gaining confidence and self awareness Identifying your personality type and temperament Set personal objectives and plans for personal progression. Identify your strengths, weaknesses, threats and opportunities. Produce a simple action plan that identifies ways to meet your short-term goals. Identify your purpose. Identify your thoughts to enhance positive affirmations. Using the 6 human needs in everyday life. Maslow's theory <p><u>Course outline:</u></p> Difference between self awareness and self actualization; The four Temperaments – Find out which one you are; 16 different Personality



Types & Meyer's Briggs Personality Test;

- The Six Human Needs and Relationships: certainty/comfort; uncertainty/variety; significance; connection & love; growth; contribution;
- Maslow's Theory and Hierarchy;
- SWOT analysis & recognising your strengths and use them effectively;
- Uncovering and changing Core Beliefs;
- Listening & us

