

Self - Awareness and Personal Development

Eden Training Academy
Online Training

The E-learning Short Course in Self-Awareness and Personal Development is designed to help individuals understand their emotions, strengths, weaknesses and sense of worth, and create a personal action plan from this new-found awareness.

Learners on the course will understand what self-awareness and personal development is, and the importance of taking time to reflect and assess their own strengths, weaknesses and aspirations. The course will provide learners with the tools to effectively self-assess and set realistic goals for personal development. Finally learners will understand that through being self-aware, and taking positive steps, they can positively impact on all areas of their life and effectively embrace change.

Areas covered

- What is self-awareness and personal development?
- Reflection
- The Importance of reflection
- Strengths, weaknesses, opportunities and threats (SWOT)
- Confidence
- Personal development
- Stages of skill development
- Aspirations
- Energy
- SMART goals
- Mission and vision statements
- Attitude & Embracing change



Who is it aimed at?



The e-learning's Short Course in Self-Awareness and Personal Development is ideal for all levels of employee within a business and as part of the induction process for new employees.

The course is also ideal for use as part of the on-programme element of the new apprenticeship standards and can support the knowledge, skills and behaviours apprentices need to effectively integrate into the workplace.

Key details at a glance



Duration: 20 - 40 minutes



Assessment: Multiple-choice questions



Certificated: Yes – Eden and Highfield Completion Certificate



Support: 01642 807229
info@edentrainingacademy.org.uk



Localisation: EU legislation within a UK context, but suitable for international businesses that trade with EU and will be subject to the legislation

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