

SELF AWARENESS AND PERSONAL DEVELOPMENT

HIGHFIELD ELEARNING

SHORT
COURSE

- Quick and Easy
- Flexible and Accessible
- Saves Time and Money
- Audited and Approved
- Accredited Option
- Bite-Size Sessions
- No Social Distancing



KEY DETAILS AT A GLANCE

Duration	20 - 40 minutes
Audience	Any employee, manager or apprentice.
Prerequisites	No prior knowledge needed
Certificated	Yes - Highfield Completion Certificate
Compatibility	Laptop/Desktop PC Internet Explorer 11 Microsoft Edge Google Chrome Mozilla Firefox Apple iMacs/Macbooks Safari Google Chrome Mozilla Firefox iPads Safari Google Chrome for Tablets Android/Windows based tablets Internet Explorer 11 Google Chrome for Tablets Mozilla Firefox Microsoft Edge

NOTE: Enabling JavaScript and a stable broadband connection are required.

ABOUT THE COURSE

The course is designed to help you understand your emotions, strengths, weaknesses, and sense of worth, and create a personal action plan from this newfound awareness.

You will understand what self-awareness and personal development is, and the importance of taking time to reflect and assess your own strengths, weaknesses and aspirations.

The course will provide you with the tools to effectively self-assess and set realistic goals for personal development.

AREAS COVERED

The modules of this short course include:

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

ASSESSMENT AND CERTIFICATION

Candidates will be assessed by a series of multiple-choice questions upon the completion of each of the modules. Subject to satisfactory completion, candidates are given access to an electronic Highfield quality endorsed certificate of completion (in PDF format), which they are able to print.

WHAT NEXT?

If you'd like to purchase this eLearning course, call us on:

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