



London TDM

Soft Skills and Personal Development Training Courses

Course Venue: United Kingdom - London

Course Date: From 19 October 2025 To 23 October 2025

Course Place: London Paddington

Course Fees: 6,000 USD

Introduction

Self-awareness and personal reflection are critical components of personal and professional growth. This 5-day professional course is designed to help individuals understand themselves better and harness their potential. Participants will engage in activities that foster self-discovery, mind clarity, emotional intelligence, and goal setting for a purposeful life journey.

Objectives

- Understand the concept and importance of self-awareness.
- Enhance personal reflection skills for continuous self-improvement.
- Identify personal values, strengths, and areas for growth.
- Develop effective strategies for emotional regulation and resilience.
- Set and pursue meaningful personal and professional goals.

Course Outlines

Day 1: Introduction to Self-Awareness

- Definition and significance of self-awareness.
- Exploring the Johari Window model.
- Identifying personal blind spots.
- Techniques for increasing self-observation.
- Self-awareness exercises and activities.

Day 2: Tools for Personal Reflection

- Introduction to reflective practices.
- Guided journaling techniques.
- Using meditation for reflection.
- Feedback and its role in self-reflection.
- Building a reflective practice routine.

Day 3: Values and Personal Strengths

- Identifying core personal values.
- Assessment of personal strengths.
- Understanding how values influence decision-making.
- Aligning actions with personal values and strengths.
- Case studies on values-driven leadership.

Day 4: Emotional Intelligence and Resilience

- Components of emotional intelligence (EI).
- Strategies for enhancing EI.
- Understanding and managing emotions.
- Developing resilience to overcome challenges.
- Role-playing scenarios to build EI skills.

Day 5: Setting and Achieving Personal and Professional Goals

- Goal-setting frameworks and techniques.
- Creating SMART goals for personal growth.
- Overcoming obstacles and staying motivated.
- Building an action plan for goal achievement.
- Course reflection and future action steps.