

Working on the Self

Course learning outcomes

The learner will able to:

- a) Develop a clear vision of the meaning of success in the workplace.
- b) Increase his/herself emotional awareness.
- c) Examine personality traits, values, skills, and general interests.
- d) Plan specific, achievable, short and long-term goals.
- e) Improve self-image, self-esteem, and courage.
- f) Build new positive attitudes.
- g) Acquire or continue to develop self-disciplinary, decision-making, and motivational self-management skills.
- h) Differentiate between negative and positive behaviour.
- i) Be accountable.
- j) Learn to appreciate diversity and reject stereotype and prejudice.
- k) Look at employment as an opportunity.
- l) Have a positive interaction with others, achieved mainly through the various means of communication (verbal, non-verbal, etc.).
- m) Communicate effectively within a group dynamic.
- n) Through a more well-rounded understanding of themselves, present and explain themselves in a more clear and efficient way.

