



Interpersonal Skills and Self Development

## Improving Self-Awareness

## Course Introduction

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Self-awareness is developing an understanding of your emotions and feelings. It is an awareness of the physical, emotional, and psychological self. Learners will identify ways of recognising all of these and improving each through various cognitive and learning styles. Improving self-awareness will improve self-control, reduce procrastination, and develop mood management. Learners will strengthen their relationships and create a more fulfilling life. These improvements will, in turn, translate into a wholly improved workforce. Stress will decline, and productivity will increase as internal turmoil will decrease all through improving self-awareness.

## Target Audience

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## Learning Objectives

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- Understanding the concept and meaning of Self
- Gain Awareness of the Physical Self
- Learn and enhance time management skills
- Know how to manage the Emotional Self
- Understand the concept of The Psychological Self and The Spiritual Self
- Enhance Interpersonal Awareness
- Recognize the Limitations of Self-Awareness
- Identify the difference Independence Versus Interdependence.

# Course Outline

- **01 Day One**
  - Module One: Getting Started
  - Module Two: What is the Self?
  - Module Three: Awareness of the Physical Self
  - Module Four: Time Management
  - Module Five: The Emotional Self
  - Module Six: Mood Management
- **02 Day Two**
  - Module Seven: The Psychological Self
  - Module Eight: Interpersonal Awareness
  - Module Nine: The Spiritual Self
- **03 Day Three**
  - Module Ten: Limitations of Self-Awareness
  - Module Eleven: Independence Versus Interdependence
  - Module Twelve: Wrapping Up

## Confirmed Sessions

FROM	TO	DURATION	FEES	LOCATION
April 28, 2025	April 30, 2025	3 days	3250.00 \$	UAE - Abu Dhabi
Sept. 29, 2025	Oct. 1, 2025	3 days	3250.00 \$	UAE - Dubai
Nov. 23, 2025	Nov. 25, 2025	3 days	3250.00 \$	KSA - Riyadh