

# **Course Curriculum**







# **Advanced Skills On Self Development**

# **Course Description:**

Learn from an instructor about theoretical and practical knowledge which will ensure to grow your skills a lot more. This course is designed for the personal development of a person. You can start a new way of thinking, feeling, doing by learning this course. It will help to improve your mindset, emotions, wellness, productivity and. After completing the course, your emotion will not be able to control your mind, rather you will grip your emotion. If we scrutinize the biography of successful people we find one major thing that has been changed their life and it is focused on relevant things so that you can reach your destination precisely.

In this regard, to create an expert, chartered skills have brought a comprehensive course, combination of technical knowledge.

## **Course Requirements:**

- · Beginners can enroll in this course.
- A computer, laptop, smartphone, and a notepad where you will write down the important points.at least 2-3 hours a week you need to learn and memorize this course.

#### Course outline:

- · Introduction to Self Development
- Skills to learn
- · Philosophy of life
- Learn to finance
- Learn meditation
- Mind relaxing games

· Practical knowledge

# What you'll learn:

- Develop yourself into the person you want to be.
- Every person has potential which needs nurture to give you a fruitful result.
- The growth of your maturity level will become higher.
- You can improve your productivity by managing your stress.
- It helps to increase your emotional intelligence.
- You can know a lot about mediation which will make you a calm and cool person.

### Who this course is for:

• Your desire to make yourself strong and successful in life and have the enthusiasm to develop then you are welcome. If you feel like an ordinary person with a deep desire to do extraordinary things, you can join the course.



# **CONTACT US**



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