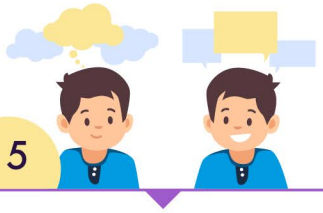
Course Curriculum

Junior

Modules	Summary	Key Teachings
1 Self- Awareness	It is the ability to monitor our inner world, our thoughts and feelings.	- Anger Management - Understanding Fear - Happiness & Sadness - Worried and Relaxed
2 Active Listening	It's the process in which the listener actively tries to understand the feelings of what the speaker intends to communicate.	- Listen and Explain - Interpretation - Reacting Correctly
3 Empathy	It's the ability to understand and share another person's feelings.	- Shared feeling or Experience - Practise Appreciation - Be More Compassionate
4 Patterns & Puzzles	It's a process that tests a person's knowledge through puzzles and patterns.	- Brain Training - Observation Skills - Awareness - Analytical Ability
5 Introvert-Extrovert 	Introverts and Extroverts are two kinds of personalities.	- Handling Bullies - Confidence - To Interact with Strangers
6 Speaking	The skills which allow us to communicate effectively.	- Fluency - Confidence - Vocabulary - Articulation

Course Curriculum

Junior

Modules	Summary	Key Teachings
7 Social Intelligence	It deals with expressing your point of view to others.	- Respect - Group Dynamics - Discipline - Problem Solving
8 Estimation, Cognitive Biases	It deals with making estimations and to perceive information through personal experience.	- Cognitive Biases - Optical Illusions - Estimations - Analytical Skills
9 Decision Making	It's the art of making decisions quickly and effectively.	- Gratitude - Humbleness - Observation - Following Instructions
10 Observation Skills	The ability to use all five of your senses to recognize, analyze and recall your surroundings.	- Observation - Analysis - Skimming - Inferencing
11 Advanced Interpretation	It's about understanding the situations and how to interpret them.	- Nuance - Understanding Contexts - Reading Emotions - Complex Situational Analysis
12 Leadership Workshop	Leadership is about a person influencing a team to achieve a goal.	- Teamwork - Ethical Conduct - Being Organised - Oration