

Training Plan - One Day Program on Personality Development

Topic	Time	Training Methodology	Focus Areas	Activity
Introduction & Expectation Setting	9.30 am - 10.15am	Interaction	<ul style="list-style-type: none"> o Introduction o Expectation Setting 	Activity: Ice Breaker
What is Success	10:15 am - 10:45 am	ILT	<ul style="list-style-type: none"> o Characteristics Essential to Achieving Success o Showing Self-Confidence o Never Give-Up 	
The Power of Positive Attitude	10.45 am - 11:15am	ILT, Video and Activity	<ul style="list-style-type: none"> o Difference between positive thoughts and negative thoughts o The power of positive thoughts 	Activity: Focus group discussion on scenario
Tea Break: 11.15am - 11.30 am				
Ways to develop a positive attitude	11:30 am - 1:00pm	ILT, Video and Activity	<ul style="list-style-type: none"> o Employ the 'Flip Side' technique. o Play your winners o Simplify! Simplify o Clarify your mission 	Activity: Role Play Activity: Motivation stories Video on Motivation
Lunch: 1.30 pm - 2:15 pm				
Importance of Commitment	2:15pm - 3:00pm	ILT, Video and Activity	<ul style="list-style-type: none"> o What is commitment? o Why is commitment important? 	Activity: Role Play Video: Commitment
Tea Break 3:00 pm to 3:15pm				
Power of Persistence	3:15pm to 4:15 pm	ILT, Video and Activity	<ul style="list-style-type: none"> o How to achieve success through power of persistence 	Activity: Role Play Video: Persistence
Ways to Motivate Oneself	4:15 pm to 5:15 pm	ILT, Video and Activity	Focus <ul style="list-style-type: none"> o Hard Work o Positive believing o Character o Give more than what you get o Pride of performance o Passion o Strategy 	Activity: Role Play Video:
Wrap Up & Action Planning	5.15 pm - 5.30 pm	Interaction		