# Training Plan - One Day Program on Personality Development

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<th>Topic</th>
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| Introduction & Expectation Setting | 9.30 am - 10.15am| Interaction          | o Introduction  
  o Expectation Setting                                                      | Activity: Ice Breaker              |
| What is Success                    | 10:15 am - 10:45am| ILT                 | 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 | o Difference between positive thoughts and negative thoughts  
  o The power of positive thoughts                                             | Activity: Focus group discussion on scenario |
| Ways to develop a positive attitude| 11:30 am - 1:00pm| ILT, Video and Activity | 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                                                          |
| Importance of Commitment           | 2:15pm - 3:00pm   | ILT, Video and Activity | o What is commitment?  
  o Why is commitment important?                                               | Activity: Role Play  
  Video: Commitment                                                             |
| Power of Persistence                | 3:15pm to 4:15 pm | ILT, Video and Activity | o How to achieve success through power of persistance                      | Activity: Role Play  
  Video: Persistence                                                            |
| Ways to Motivate Oneself           | 4:15 pm to 5:15 pm| ILT, Video and Activity | Focus  
  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          |                                                                             |                                    |

**Tea Break:** 11.15 am - 11.30 am

**Lunch:** 1.30 pm - 2:15 pm

**Tea Break:** 3.00 pm to 3:15 pm