



# IMPULSE TRAINING

## E-LEARNING SHORT COURSES FACT SHEET

COURSE TITLE	SELF AWARENESS AND PERSONAL DEVELOPMENT
COURSE LEVELS	INTRODUCTORY
COURSE OVERVIEW	Designed to help individuals understand their emotions, strengths, weaknesses and sense of worth, and create a personal action plan from this new-found awareness. Learners on the course will understand what self-awareness and personal development is, and the importance of taking time to reflect and assess their own strengths, weaknesses and aspirations. The course will provide learners with the tools to effectively self-assess and set realistic goals for personal development. Finally, learners will understand that through being self-aware, and taking positive steps, they can positively impact on all areas of their life and effectively embrace change.
COURSE CONTENT	<ul style="list-style-type: none"><li>• What is self-awareness and personal development?</li><li>• Reflection</li><li>• The Importance of reflection</li><li>• Strengths, weaknesses, opportunities and threats (SWOT)</li><li>• Confidence</li><li>• Personal development</li><li>• Stages of skill development</li><li>• Aspirations</li><li>• Energy</li><li>• SMART goals</li><li>• Mission and vision statements</li><li>• Attitude</li><li>• Embracing change</li></ul>
WHO IS IT AIMED AT?	This course is ideal for all levels of employee within a business and as part of the induction process for new employees.
COURSE DURATION	20-40 minutes
TEST/CERTIFICATION	Learners are assessed at the end of the course by multiple-choice questions. Learners will receive a Highfield e-learning completion certificate, which is downloadable upon successfully finishing the course.
COST	£5.00