






Personal Development Pillar

Skill	Module	Content Covered
 <p>Positive Mindset</p>	Friendliness	Learning to be friendly as a general trait - influenced by the work of Dale Carnegie in "How to Win Friends and Influence People."
	Humor	Humor improves creativity, productivity, and well-being. We'll learn how you can improve both the content and delivery of your humor.
	Patience	Cultivate patience as a skill for focus and leadership. Learn strategies to manage impatience and reframe thoughts for long-term success.
	Sensitivity	Manage your sensitivity as an HSP. For others, practice methods to increase sensitivity and harness it for deeper personal connections.
	Counter A Negative Outlook	Mitigate negative bias to improve mental health. Use techniques like thought stopping and the 3R method to handle negative spirals.
	Good Relationship with Failure	Reframe failure as a growth opportunity. Develop resilience by acknowledging failure and employing positive self-talk and stoicism.
 <p>Resilience</p>	Flexibility and Adaptability	Learn about cognitive, emotional, and dispositional flexibility. Practice techniques like the "YES AND" mantra and adaptability lens to better handle setbacks.
	Accepting Criticism	Focus on the intention behind feedback, considering its source and focus, using methods like Melody Wilding's approach.
	Adapting to Adversity	Building resilience to bounce back from setbacks, informed by Kubler-Ross's Change Curve and Seligman's 3P model.
	Grit	Cultivating perseverance and passion through grit to prevent anxiety. Emphasize a growth mindset, process focus, and consistent goal-setting
 <p>Self Development</p>	Self Efficacy	Belief in one's ability to achieve specific goals. Use tools such as mastery experiences, modeling, social persuasion, and interpreting emotional states.
	Self Discipline	Self-discipline leads to higher happiness, success, and reduced stress. Methods: SMART goals, time management, the Pomodoro technique, and accountability.
	Goal Setting	Effective goal setting leads to focus and agency. Learn to identify passions, set clear goals, and use systems to achieve results with accountability.
	Reflective Thinking	Reflection deepens learning and personal growth. Use structured methods like the 4F method (Facts, Feelings, Findings, Future) and maintain a journal.
	Self-Concept	Understanding and liking oneself is key to bridging the gap between who you are (current self) and who you want to be (ideal self).



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 <p>Self Development (Continued)</p>	Agency	Learn about what agency looks like and tools such as stepping out of your comfort zone, reducing multitasking, and reframing thoughts.
	Self-Confidence	Self-confidence empowers you to face challenges. Build it through celebrating successes, create a supportive environment and count to 5 method.
	Stress Management	Stress as both a psychological and physical response is crucial. tools include physiological techniques, stress-is-enhancing mindset, a creative outlet.
	Self-Awareness	True self-awareness is vital for decision-making, relationships, and emotional regulation. Enhance it by seeking feedback, and challenging assumptions.
 <p>Personal Branding</p>	Personal Branding 101	Personal branding is the ability to communicate who you are, shaping your reputation over time. Consistent action and a digital sweep is a key!
	Understanding Your Brand	Knowing your core values, strengths, and passions helps align your personal brand with long-term goals. You'll learn to set a clear vision for your brand!
	Action Plan - Lifestyle	Building a brand through lifestyle choices involves strategic networking, volunteering, and skill development.
	Action Plan - Digital	Develop your online profile, network effectively, and ensure that offline relationships translate into digital connections.
 <p>Basic Financial Literacy</p>	Personal Finance Basics	Understanding personal finance—comprising income, expenses, investments, savings, and protection. Key concepts include inflation and interest.
	Savings, Planning, and Budgeting	Saving and budgeting are critical for financial independence. Methods include setting financial goals, creating an emergency fund, and tracking expenses.
	Income and Investing	Differentiating between earned, passive, and investment income is crucial for financial growth.
	Credit and Debt	Learn about credit scores, types of credit, and the strategic use of credit cards and loans for building financial stability.
	Banking and Bank Accounts	Banks offer safe storage, interest, and financial flexibility. Choose the right bank and account type—checking, savings, money market, or CD.
	Taxes	Taxes are a legal obligation and vary by country. Learn about the different types of taxes on earnings, purchases, and ownership.
	Insurance	Insurance transfers financial risk to providers and is a key part of a financial plan. Types include health, life, auto, home/renters, and identity theft protection.