





# SELF AWARENESS & PERSONAL DEVELOPMENT

Self-Awareness and Personal Development is 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.

 <p><b>Areas Covered</b></p>	 <p><b>Who is it aimed at?</b></p>
<p>What is self-awareness and personal development?                  Reflection                  The Importance of reflection                  Strengths, weaknesses, opportunities and threats (SWOT)                  Confidence                  Personal development                  Stages of skill development                  Aspirations                  Energy                  SMART goals                  Mission and vision statements                  Attitude                  Embracing change</p>	<p>Self-Awareness and Personal Development is ideal for all levels of employee within a business and as part of the induction process for new employees.                  The course is also ideal for use as part of the on-programme element of the new apprenticeship standards and can support the knowledge, skills and behaviours apprentices need to effectively integrate into the workplace.</p>

 Learners will receive a Highfield e-learning completion certificate, which is downloadable upon successfully finishing the course.

 Our e-learning is available to use on multiple platforms such as tablets, PC's and laptops. All you need is a good internet connection. Learners simply log on to the Ubiqute Learner Management System (LMS) and work their way through the course, along with the scenarios that provide them with real-life context.

## Why Choose Ubiqute Safety Consultancy E-learning?

We make the most complex of subjects easier to digest through media and content-rich exercises that motivate and engage learners. All our e-learning uses interactive exercises and gaming combined with media-rich content, interactive scenarios, and relevant photography and illustrations. Content is provided by industry-leading experts. What that means for your learners is stimulating and engaging content they will respond to and, most importantly, remember.

### Key Details

**Prerequisites:** No prior Knowledge Needed

**Assessment:** Multiple Choice Questions

**LMS:** Yes

**Compatibility:** Laptop/ Desktop/ Tablet

