



Consulting and Training | Reach New Heights

Course Name

Improving Self-Awareness

Sector Name

Interpersonal Skills and Self Development

Document Type

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Improving Self-Awareness

Course Introduction

Self-awareness is developing an understanding of your emotions and feelings. It is an awareness of the physical, emotional, and psychological self.

Learners will identify ways of recognising all of these and improving each through various cognitive and learning styles. Improving self-awareness will improve self-control, reduce procrastination, and develop mood management. Learners will strengthen their relationships and create a more fulfilling life. These improvements will, in turn, translate into a wholly improved workforce. Stress will decline, and productivity will increase as internal turmoil will decrease through improving self-awareness.

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Target Audience

- ✓ Professionals Focused on Personal Development
- ✓ Individuals interested in self-improvement
- ✓ Personal Growth & Development Enthusiasts
- ✓ Executive Coaching Clients

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Improving Self-Awareness

Learning Objectives

- ✓ Understanding the concept and meaning of Self
- ✓ Gain Awareness of the Physical Self
- ✓ Learn and enhance time management skills
- ✓ Know how to manage the Emotional Self
- ✓ Understand the concept of The Psychological Self and The Spiritual Self
- ✓ Enhance Interpersonal Awareness
- ✓ Recognize the Limitations of Self-Awareness
- ✓ Identify the difference between independence and interdependence.

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Improving Self-Awareness

Course Outline

✓ **01 Day One**

- ✓ Module One: Getting Started
- ✓ Module Two: What is the Self?
- ✓ Module Three: Awareness of the Physical Self
- ✓ Module Four: Time Management
- ✓ Module Five: The Emotional Self
- ✓ Module Six: Mood Management

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Course Outline

✓ **02 Day Two**

- ✓ Module Seven: The Psychological Self
- ✓ Module Eight: Interpersonal Awareness
- ✓ Module Nine: The Spiritual Self

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Course Outline

✓ **03 Day Three**

- ✓ Module Ten: Limitations of Self-Awareness
- ✓ Module Eleven: Independence Versus Interdependence
- ✓ Module Twelve: Wrapping Up

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Confirmed Sessions

FROM	TO	DURATION	FEES	LOCATION
May 10, 2027	May 12, 2027	3 days	3250.00 \$	UAE , Abu Dhabi
Oct. 5, 2026	Oct. 7, 2026	3 days	3250.00 \$	UAE , Dubai
Nov. 29, 2026	Dec. 1, 2026	3 days	3250.00 \$	KSA , Riyadh
March 29, 2027	March 31, 2027	3 days	3950.00 \$	Spain , Madrid

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info@boostuae.com info@boostorg.com

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