

U Spark – Future Ready

Duration : 45 hours

Learning Objectives & Utility

- To understand self and develop self esteem
- To become better communicator
- To understand corporate grooming
- To develop interpersonal and leadership skills
- To develop powerful narratives to deliver impactful presentations

Session Coverage:

- Understanding self , Self SWOT, Goal Setting
- LSRWP approach to communication
- Personal Grooming
- Business Etiquettes
- Non-verbal Communication
- Interpersonal relations
- Powerful Team
- Leadership Skills
- Time Management
- Stress Management
- Problem solving skills

Evaluation Parameters

- Group presentation on basic skills (Book review/Movie Review) (**60 marks**)
- Role Plays (**20 marks**)
- Final Project Report (**20 marks**)

Skill Component

Personality development, future readiness, work Readiness, soft skills development