PERSONALITY DEVELOPMENT

M. Saravanan
Session Content

Personality

Personal Development

Types of Personality

Personality Development Skills
What is Personality?
Physical
Mental
Moral & Social value of a person.

- Personality is a special combination of qualities of a person, that influences on others.
- Its Best version of yourself!
Personality Development
Personal Development

- Personal Development is **Self-Growth**. A self awareness exercise help us to understand ourselves.
- As an individual what would make you happier, progressive, satisfied, able to take challenges on continuous basis and deal with day-to-day issues of life.
Personal Development

- Knowing others is wisdom, knowing yourself is Enlightenment.
  ...Lao Tzu (Laozi)
- Mind the mind! (garden - mind)
- We perceive our world through senses
  (we - outside/inside)
- Learn - unlearn - relearn
Accelerate success. Discover your unknown potentials
Types of Personalities:

1. Introverted
2. Extroverted
Introverted - do not like to mix with others, who like to work alone, who are better in writing than speaking, have less friends.

Extroverted - who would like to mix with people, more talkative, friendly.

Ambiverted – both
EXTROVERTS

Enjoy group conversations.

INTROVERTS

Enjoy one-on-one conversations.
EXTROVERTS

Get distracted easily.

INTROVERTS

Deep focus for a long time.
Sparkles
INTROVERT  VS  EXTROVERT

**INTROVERT**
- Enjoys spending time alone
- Thinks before speaking and acting
- Can be seen as more reserved
- Prefers working independently

**EXTROVERT**
- Gains energy in social situations
- Makes quick decisions
- Can be seen as outgoing and enthusiastic
- Thrives in team-oriented work settings
Factors influencing personality:

Physical - Appearance, communication
Mental – Intelligence, memory, thinking
Environment - Family, surrounding, society
Emotions - Cheerful, anger, temperament
Personality Development:

- Developing organized pattern of behaviours (Body Language, Communication Skills, Personal Grooming and attitude) that makes a person unique.
- Personal Development would enhance and develop your Personality. Your personality determines your success in life.
- ‘Attitude’ is everything!
Personality Development:

- Personality development is completely an external aspect. Basically how others perceive you with your appearance, your action, your interactions, etc.
Important Skills which influences the pattern of behaviour..
Skills required for personality development

1. Optimist
2. Interpersonal Skill
3. Influencing Skills
4. Team Working Skill
5. Goal Setting Skills
6. Time Management Skills
7. Communication Skills
Goal Setting

Your smartness will automatically get multiplied, when you try to Improve Your Personality.
Thank You!