

# 5

# Important Trainings You Should Attend for Personal & Interpersonal Effectiveness

*The human mind has many negative perceptions but a strong, confident & positive employee possess the ability to go beyond all the challenges. Here are some training programs for Personal & Interpersonal Effectiveness*



## PERSONALITY DEVELOPMENT

Once you transform your inner world your outer world is bound to take on a whole new colour! You can now understand and connect with yourself and with people at a deeper level



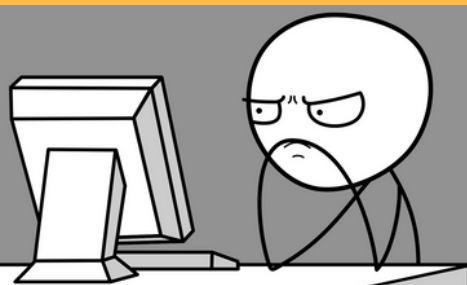
## COMMUNICATION SKILLS

The ability to communicate information accurately, clearly and as intended is a vital life skill and can help you in all spheres of your life right from your professional life to your personal life.



## TIME MANAGEMENT

Its the simple process of dividing time as per the tasks. Afterall 'Time is Money'. Failing to manage your time damages your effectiveness and causes stress.



## STRESS MANAGEMENT

Stress & our reaction to it are two different things. How we channel our stress into the productivity is more important.



## EMOTIONAL INTELLIGENCE

Emotional Intelligence is the ability of an individual to successfully understand and manage own emotions as well as those of others.

*Emotional intelligence is an essential part of the whole person.*

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