

SELF-AWARENESS AND PERSONAL DEVELOPMENT



Build self-understanding and take confident steps in your personal and professional growth. This short course introduces learners to the core concepts of self-awareness and personal development. It explores how reflection, goal setting and behaviour impact professional and personal growth. With practical tools like SWOT analysis and aspirational thinking, this short course helps individuals become more proactive, intentional and confident in shaping their development journey.

Areas covered

- What is self-awareness and personal development
- Reflection, aspirations and attitudes
- The influence of values, confidence and energy
- Mission and vision statements
- SWOT analysis and stages of skill development



Who is it aimed at?

This course is ideal for individuals looking to improve self-understanding and take greater ownership of their personal and professional development. It's equally valuable for teams or organisations supporting personal growth in the workplace.



Multi-device compatible

This course is compatible with most popular desktops, tablets and mobile devices.



Key details at a glance



Duration: 20 - 40 minutes



Assessment: Multiple-choice questions



Certificated: Yes – Highfield Completion Certificate



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Translation: Details available on request



Localisation: EU legislation within a UK context, but suitable for international businesses that trade with the EU and will be subject to the legislation

