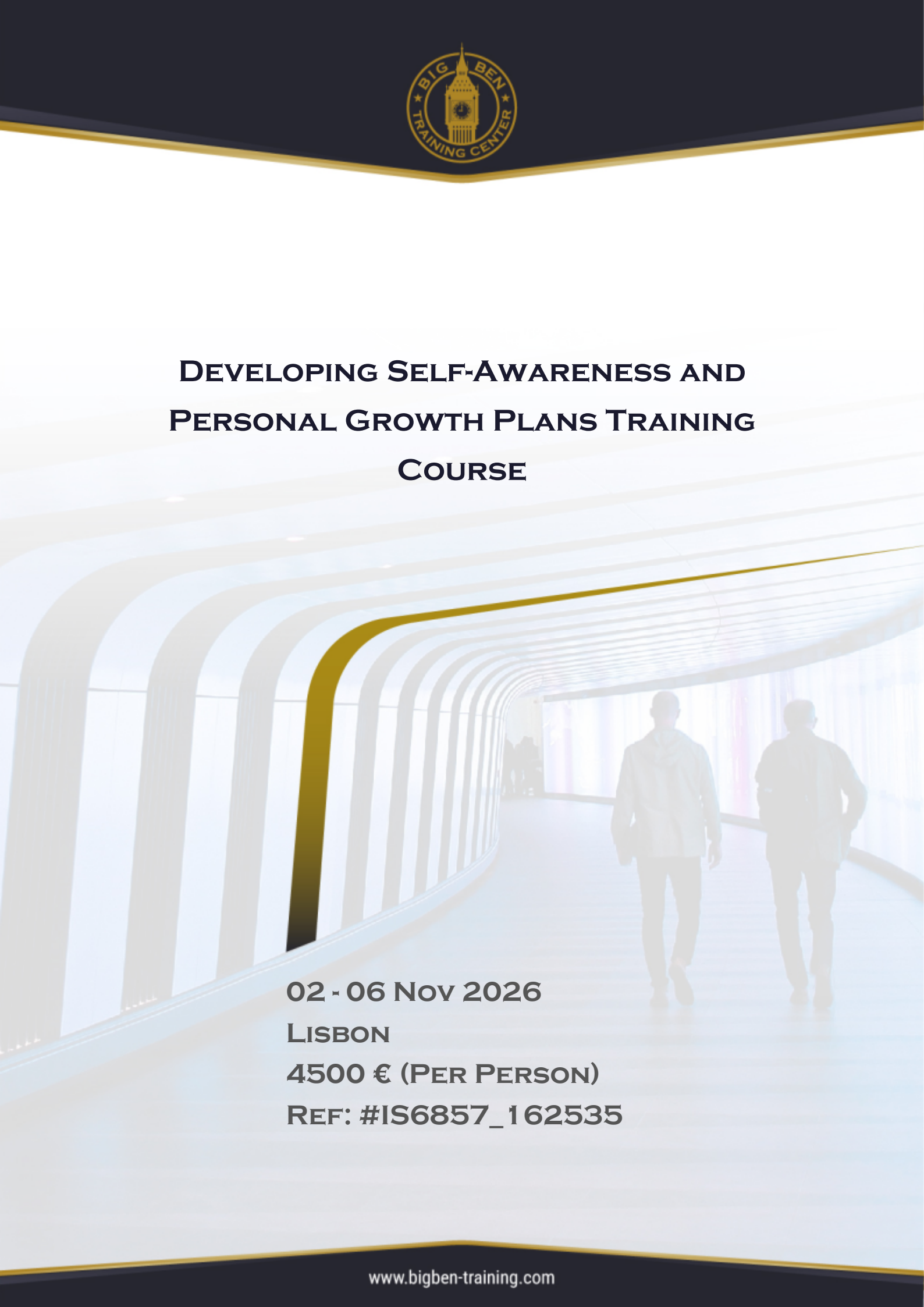
Developing Self-Awareness and Personal Growth Plans Training Course



02 - 06 Nov 2026

Lisbon

4500 € (Per Person)

Ref: #IS6857_162535

Course Introduction / Overview:

Embark on a transformative journey of self-discovery and professional growth with this comprehensive training course. In today's dynamic and competitive professional landscape, the cornerstone of success is no longer just technical skill but profound self-awareness. This course is meticulously designed to guide participants through the essential process of understanding their inner landscape—their strengths, weaknesses, values, and emotional triggers. As the renowned author Daniel Goleman articulated in his seminal work, "Emotional Intelligence: Why It Can Matter More Than IQ," the ability to perceive and manage one's own emotions and those of others is a critical determinant of leadership and personal excellence. This program moves beyond theoretical concepts by providing practical tools and frameworks for honest self-assessment and reflection. At BIG BEN Training Center, we believe that true development begins with a clear and accurate self-perception. Participants will learn to translate this newfound awareness into a structured, actionable Personal Development Plan (PDP), creating a clear roadmap for achieving their career aspirations and unlocking their full potential. This course is an investment in your most valuable asset: yourself.

Target Audience / This training course is suitable for:

- Managers and team leaders seeking to enhance their leadership effectiveness.
- Human resources and learning and development professionals.
- Employees at all levels aiming for career advancement and personal growth.
- Recent graduates and early-career professionals establishing their career path.
- Entrepreneurs and business owners looking to improve personal and business performance.
- Anyone interested in improving their emotional intelligence and interpersonal skills.

Target Sectors and Industries:

- Corporate and commercial sectors.
- Information technology and telecommunications.
- Banking, finance, and insurance services.
- Healthcare and pharmaceutical industries.
- Education and academic institutions.
- Government agencies and public sector organizations.
- Non-profit and non-governmental organizations.
- Consulting and professional services.

Target Organizations Departments:

- Human Resources.
- Learning and Development.
- Management and Leadership teams.
- Sales and Customer Service.
- Operations and Project Management.
- Strategy and Planning.
- All departments seeking to foster a culture of continuous improvement.

Course Offerings:

By the end of this course, the participants will have able to:

- Develop a deep understanding of the core concepts of self-awareness.
- Utilize various self-assessment tools like SWOT and Johari Window effectively.
- Identify personal strengths, weaknesses, opportunities, and threats accurately.
- Enhance emotional intelligence, including self-regulation and empathy.
- Set clear, measurable, and achievable personal and professional goals.
- Create a structured and actionable Personal Development Plan (PDP).
- Develop strategies for overcoming personal barriers and limiting beliefs.
- Implement effective feedback mechanisms for continuous improvement.
- Build resilience and manage stress in a professional environment.
- Cultivate a mindset of lifelong learning and sustained personal growth.

Course Methodology:

The training methodology at BIG BEN Training Center is designed to be highly interactive, engaging, and practical, ensuring that participants not only learn the concepts but can also apply them effectively in their professional lives. We move beyond traditional lecture-based formats to create a dynamic learning environment. The course incorporates a blend of expert-led presentations, facilitated group discussions, and individual reflection exercises. Participants will engage with powerful self-assessment tools and psychometric instruments to gain deep personal insights. A significant portion of the training is dedicated to hands-on workshops where attendees will work on creating their own Personal Development Plans with guidance from the instructor. Real-world case studies will be analyzed to understand the impact of self-awareness on career success. Peer-to-peer learning is encouraged through collaborative activities and feedback sessions, fostering a supportive and confidential environment. Our approach en
ures that each participant leaves with not just new knowledge, but also a tangible plan and the confidence to implement it for lasting personal and professional development.

Course Agenda (Course Units):

Unit One: The Foundations of Self-Awareness

- Defining self-awareness and its importance in personal and professional life.
- Exploring the link between self-awareness, performance, and leadership.
- The Dunning-Kruger effect and the challenge of accurate self-perception.
- Introduction to key models of self-awareness.
- The Johari Window model for understanding self-perception and others' views.
- Internal vs. external self-awareness.
- The role of values and beliefs in shaping behavior.

Unit Two: Practical Tools for Self-Assessment

- Conducting a personal SWOT analysis (Strengths, Weaknesses, Opportunities, Threats).
- Utilizing personality and behavioral assessment frameworks.
- The power of journaling and structured self-reflection.
- Techniques for soliciting and receiving constructive feedback.
- Mindfulness practices to enhance present-moment awareness.
- Identifying your core values and personal mission statement.
- Mapping your emotional triggers and response patterns.

Unit Three: Developing Emotional Intelligence (EI)

- Understanding the five components of Daniel Goleman's EI model.
- Strategies for improving self-regulation and managing impulses.
- Developing empathy and understanding others' perspectives.
- Enhancing social skills for effective communication and relationship building.
- The role of motivation in achieving long-term goals.
- Applying EI to resolve conflicts and navigate workplace dynamics.
- Case studies of high emotional intelligence in leadership.

Unit Four: Crafting Your Personal Development Plan (PDP)

- Translating self-assessment insights into development goals.
- The principles of effective goal setting using the SMART framework.
- Identifying key development areas for career advancement.
- Structuring a comprehensive and actionable PDP document.
- Prioritizing development activities based on impact and feasibility.
- Identifying necessary resources, support systems, and mentors.
- Creating a timeline and milestones for your development journey.

Unit Five: Implementation, Resilience, and Lifelong Growth

- Strategies for putting your Personal Development Plan into action.
- Overcoming common obstacles and setbacks in personal development.
- Building resilience and developing a growth mindset.
- Techniques for monitoring progress and staying motivated.
- Revisiting and adapting your PDP as your goals evolve.
- Cultivating habits for continuous learning and self-improvement.
- Creating a personal brand aligned with your values and strengths.

FAQ:

Qualifications required for registering to this course?

There are no requirements.

How long is each daily session, and what is the total number of training hours for the course?

This training course spans five days, with daily sessions ranging between 4 to 5 hours, including breaks and interactive activities, bringing the total duration to 20 - 25 training hours.

Something to think about:

How might the consistent practice of self-reflection transform not just an individual's career trajectory, but the entire culture of an organization?

What unique qualities does this course offer compared to other courses?

This course distinguishes itself by moving beyond the theoretical exploration of self-awareness to a deeply practical and personalized application. While many programs discuss the importance of personal development, our curriculum is structured around the tangible outcome of creating a robust, actionable Personal Development Plan (PDP) that participants build throughout the week. We emphasize a holistic approach, integrating proven psychological models like the Johari Window with the practical emotional intelligence frameworks pioneered by figures like Daniel Goleman. The methodology focuses on "learning by doing" through structured self-assessment exercises, guided reflection, and confidential peer feedback sessions, ensuring insights are not just discovered but are immediately translated into strategic goals. Unlike courses that offer generic advice, this training provides a structured process for introspection and future-planning. The focus is on empowering individuals with a repeatable framework for self-assessment and growth that will serve them throughout their entire career, making it a sustainable investment in their professional excellence and personal fulfillment.