TRINITY COLLEGE FOR WOMEN NAMAKKAL

PG AND RESEARCH DEPARTMENT OF ENGLISH

PERSONALITY DEVELOPMENT

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II B.A., ENGLISH LITERATURE

Presented by

Mrs. R. BANUPRIYA

Assistant Professor

PG And Research Department of English

http://www.trinitycollegenkl.edu.in/

WHAT IS PERSONALITY?

➢ **Personality is what we perceive in our mind.**

➢ **It is what you are and your Identity.**

➢ **There is certain image that we hold of ourselves and that is what is projected outside.**

➢ **Personality Development is continuous process and the evolution of individual personality is linked to his personal or professional growth.**

- Personality comprises a set of emotional qualities, attitudes, values, beliefs, communication skills , ways of thinking and behaviour.

- Personality can refer to a set of qualities that make an individual look distinct from others.

- According to Swami Vivekananda, "Personality development is some self-improvement stuff, which can really help you rise high in your life especially if you are down and out."

SOFT SKILLS OR HUMAN SKILLS

- ➢ Listening skills
- ➢ Communication skills
- ➢ Team building skills
- ➢ Leadership skills
- ➢ Problem-solving skills
- ➢ Counselling skills
- ➢ Mentoring skills
- ➢ Negotiation skills

LEADERSHIP *VS* MANAGEMENT

➢ Leadership is like a path of a ship at sea while management is handling a ship

➢ Leadership is required to create change while management is need orderly results.

➢ Leadership deals with change, inspiration, motivation and influence while the management required process of planning, organizing , directing, regulation and controlling.

Qualities of Leadership

➢ Vision
➢ Passion
➢ Self-sacrifice
➢ Confidence
➢ Role-modeling
➢ Motivating
➢ Planning
➢ Decision making
➢ Interacting
➢ Mentoring
➢ Time management

Personality Development

➢ Personality Development should start early in a student's life which is a true reflection of their Inner being.

➢ It helps Gain Confidence, Self-Esteem, Positive Impact on one's Communication Skills and the way one sees the world.

➢ Good Personality can help in better Social and Professional life

Break the worries to build Personality

➢ Mindfulness and meditation

➢ Practice self-compassion

➢ Share your fears with friends and family

➢ Maintain a consistent sleep schedule

➢ Focus on your influence

➢ Plan to manage your stress

➢ Get up and get moving

➢ Take deep breathing

Keep your personality with creative thoughts

➢ A creative person possesses a fluency and flexibility of thoughts.

➢ They have high imagination power and have the ability to move fluently between imagination and rooted reality.

➢ A creative person curious to know all the kinds of things.

➢ The person has self-confident in handling the tasks and has belief in success.

THANK YOU

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