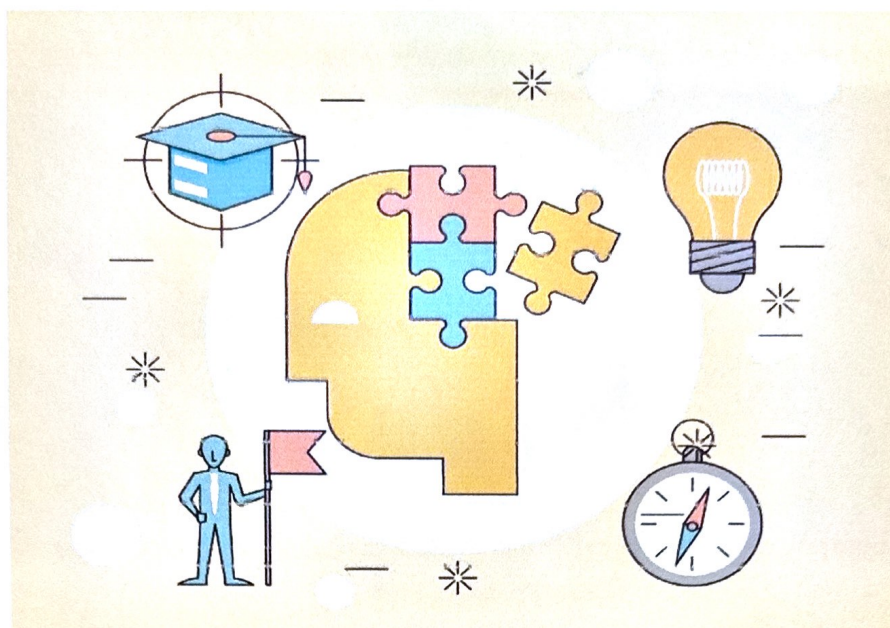


Shri Sharadchandraji Pawar Senior College, Narangwadi



Certificate course on Communication Skills and Life Skills (ENGCC2)

Department Of English
Coordinator -R. D. Gawad

Duration- 30 Hours

Commencement -4 October 2021

Overview

- Enhance verbal and non-verbal communication skills for effective interpersonal interactions.
- Develop active listening skills and empathy to improve understanding and relationships.
- Learn techniques for assertiveness and conflict resolution in various contexts.
- Explore strategies for stress management, time management, and goal setting.
- Cultivate self-awareness and emotional intelligence for personal growth and well-being.

Syllabus

- Foundations of Communication Skills
- Verbal and Non-verbal Communication
- Active Listening and Empathy
- Assertiveness and Conflict Resolution
- Stress Management and Emotional Regulation
- Time Management and Goal Setting

Outcomes

- Improved communication skills in both personal and professional settings.
- Enhanced ability to build rapport and resolve conflicts constructively.
- Better stress management techniques and increased resilience.
- Greater self-awareness and emotional intelligence.
- Acquisition of essential life skills for personal and professional success.