

TMC221 - Success Parameters (1 Unit)

The focus of this course is on the identification of building blocks of self-development in the context of personal visions, mission and personal capacity building. Major self-motivational blocks, the power and place of focus, the place of the human thought process and how to enhance thinking and reasoning for creativity. Understanding Self-Development, Personal visions and missions, Self-empowerment skills and Strategies, Drive, Passion and Focus, Building Boundaries and Bridges, Positive and creative thinking Life histories of great thinkers, Self-motivation strategies, Personal capacity building, self-auditing and futuristic self projections, Body Segment: Physical exercises.