



Self Awareness and Development

"Developing the mind set before the skill set"

The Certificate II in Self Awareness and Development is about individuals reaching their full potential through self-awareness and using their understanding to prepare themselves for success – in every sense of the word.

This comprehensive program integrates socio-cultural learning with practical exercises, coaching and problem solving. It enables participants to overcome significant barriers to develop personal commitment and confidence.

Participants can expect to be surprised, challenged and occasionally confronted as their prevailing personal beliefs and behaviours are re-aligned with the hallmarks of success.

Recommended Participants

Individuals who need to break down the barriers holding them back. School students, job seekers and people "at risk" benefit greatly.

How to apply

Call us on 1300 851 550.

We'd be happy to assist you with the enrolment process.

Cost

Full Rate: \$1500.00

Concession Rate: \$1000.00

This program has proven to be extraordinarily beneficial for "at risk" and disengaged learners so we want to make it financially accessible to all those who need it. Please ask us how to become a "Co-Provider" if you are a school or not-for-profit organisation.

Study options

Training is offered in face-to-face workshops only.

Outline/Modules

SADTNK201	Transform thinking habits
SADCOM201	Identify learning styles and personality profiles to communicate effectively
SADEST201	Make choices that develop self-esteem
SADGOL201	Develop empowering beliefs and habits
SADCHL201	Deal with fears and challenges
SADTNK201	Cultivate creative thinking
SADEST201	Create personal vision and opportunities
SADCHL201	Clarify purpose and overcome obstacles
SADGOL201	Define, monitor and reward goals
SADGOL202	Manage time with balance and self-discipline
SADCOM201	Build positive relationships
SADCOM202	Present with positive praise and critique

