

€ TRAINING

Self Discovery and Growth Essentials



11 - 15 May 2025
Cairo (Egypt)



Self Discovery and Growth Essentials

REF: Z2500 DATE: 11 - 15 May 2025 Venue: Cairo (Egypt) - Fee: 3520 Euro

Introduction:

This transformative training program designed to help individuals embark on a journey of self-discovery and develop a deeper understanding of themselves. Through a series of interactive sessions, participants will explore various aspects of their identity, emotions, beliefs, and behaviors, ultimately fostering greater self-awareness and personal growth.

Program Objectives:

By the end of this program, participants will be able to:

- Enhance self-awareness and self-understanding.
- Explore and understand personal values, beliefs, and emotions.
- Identify patterns of behavior and their underlying motivations.
- Develop strategies for personal growth and self-improvement.
- Cultivate a deeper connection with oneself and others.

Targeted Audience:

- Individuals seeking personal growth and development opportunities.
- Professionals interested in enhancing their self-awareness skills.
- Leaders and managers aiming to cultivate a deeper understanding of themselves.

Program Outline:

Unit 1.

Understanding Self-Awareness:

- Introduction to self-awareness.
- Importance of self-awareness in personal and professional life.
- Self-awareness exercises and assessments.
- Exploring the benefits of self-awareness in fostering empathy and understanding.

- Reflecting on personal experiences to enhance self-awareness.

Unit 2.

Exploring Personal Values and Beliefs:

- Identifying core values and beliefs.
- Understanding how values and beliefs influence behavior.
- Aligning actions with personal values.
- Reflecting on past experiences to identify shifts in personal values.
- Exploring cultural and societal influences on personal values and beliefs.

Unit 3.

Managing Emotions and Stress:

- Recognizing and understanding emotions.
- Strategies for managing stress and negative emotions.
- Developing emotional resilience.
- Exploring mindfulness and meditation techniques for emotional regulation.
- Creating a personalized stress management plan tailored to individual needs.

Unit 4.

Uncovering Patterns of Behavior:

- Exploring behavioral patterns and habits.
- Understanding the underlying motivations behind behavior.
- Strategies for breaking unhealthy patterns.
- Identifying triggers that contribute to repeating behaviors.
- Implementing positive reinforcement techniques to encourage behavioral change.

Unit 5.

Cultivating Self-Compassion and Personal Growth:



- Practicing self-compassion and acceptance.
- Setting goals for personal growth and development.
- Creating an action plan for ongoing self-discovery and improvement.
- Reflecting on achievements and setbacks to inform future growth strategies.
- Establishing a support network to aid in the journey of self-discovery and personal growth.