

Building a Better You: One Day Personality Development Workshop

Date: June 22, 2024 (Saturday)

Venue: St. Xavier's School, Jawalakhel

Participants: Grade 10 students

Time: 9 am to 3 pm

Workshop Facilitator: Salil Raj Shakya

Objectives:

The primary objective of this workshop is to provide participants with knowledge and insights to enhance their personality, boost their confidence, improve their communication skills, foster personal growth and present their personal brand. By the end of the day, participants will have a better understanding of their strengths and areas for improvement, and they will be equipped with actionable strategies to continue their self-development journey.

Key Benefits:

- Enhanced self-awareness and self confidence
- Improved communication and Interpersonal Skills
- Techniques for setting and achieving personal and professional goals.
- Actionable Strategies to present their personal brand.

Workshop Contents:

1. Self-Awareness
2. Presentation
3. Communication
4. Goal Setting and Personal Growth
5. Personal Branding

Workshop Flow:

1. **Self-Awareness**
 - a. Self-Awareness Exercises
 - b. Values/Principles/Hobbies/Passion/Interests
 - c. Self-Introduction
 - d. Acceptance
2. **Presentation**
 - a. Personal Attire
 - b. Personal Hygiene and Self Care
3. **Communication**
 - a. Interpersonal Communication
 - b. Public Speaking
 - c. Intrapersonal Communication
 - d. Communication Challenges
 - e. Communication Exercises
4. **Goal Setting and Personal Growth**
 - a. Importance of goal setting
 - b. SMART Goal Framework
 - c. Personal Development
5. **Personal Branding**
 - a. Personal Branding
 - b. Personal Branding on LinkedIn
6. **QnA and Feedback Sessions**

Materials Required:

1. Notebook (Participants are requested to bring their own)
2. A4 papers (2 each) for participants
3. Black Marker pens - 2
4. Projector, Microphone and Sound System
5. Drinking Water
6. Chairs to be seated on (It is better if we can make the seating arrangements in a group of 16 participants each)

Workshop Facilitator:

SALIL RAJ SHAKYA

Trainer | Consultant | Emcee | Voice-over Artist

CONTACT

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EDUCATION

Kathmandu University School of Management
2017 - 2021

BBA- Honors in Marketing

AWARDS & CERTIFICATIONS

- Mr. Rotaract 2019
- Ambassador- Rotary Nepal Literacy Mission 2019-20

WORK EXPERIENCE

Marketing Director - Sudha Group Pvt. Ltd.

October 2022 - Present

TRAININGS AND WORKSHOPS

Keynote Speaker- Role of Social Clubs for Youth Engagement, their contribution and importance

Sukalpa International - Year 2020

CV and Cover Letter Writing Workshop

Rotaract Club of Pashupati Kathmandu - Year 2021

Personal Branding on Social Media

Rotaract Club of Bhaktapur - Year 2021

4 Days- Digital Marketing Workshop

DAV College of Management - Year 2022

Session on Personal Branding

CSIT Association of Nepal - Year 2022

Digital Marketing for Pop-up Business

King's College - Year 2022

Personal Branding on LinkedIn

Girls in Tech Nepal- Year 2023

4 Days- Digital Marketing Workshop

Classic Projects - Year 2024

Personality Development and Branding Workshop

Social Development Division Office- Pyuthan - Year 2024

SOCIAL MEDIA CONSULTATIONS

Doko Recyclers

Dec 2022 to June 2023

Firke Bhansa Ghar

March 2023 to May 2023

