



Online Train-the-Trainer Module: Personality Development and Communication Skills for Kids

Overview: The "Train-the-Trainer" online module is designed for individuals interested in imparting essential personality development and communication skills to children.

This 12-day course consists of interactive sessions, activities, and practical insights to equip trainers with the tools and knowledge needed to effectively engage and educate kids in these crucial areas. Each session lasts for 45 minutes, making it an engaging and impactful learning experience.

Module Breakdown:

Day 1: Introduction to Personality Development

- Understanding the importance of personality development in children.
- Identifying key components of personality: attitude, behaviour, and values.
- Exploring techniques to foster positive self-esteem and confidence in kids.

Day 2: Effective Communication Basics

- Introducing the fundamentals of communication: speaking, listening, and non-verbal cues.
- Games and exercises to enhance children's listening skills and expressiveness.

Day 3: Body Language and Non-Verbal Communication

- Teaching kids about the significance of body language.

- Engaging activities to help children interpret non-verbal cues accurately.

Day 4: Developing Empathy and Active Listening

- Explaining empathy and its role in effective communication.
- Encouraging kids to actively listen and respond with empathy in various scenarios.

Day 5: Building Social Skills and Confidence

- Discussing the importance of social skills in building relationships.
- Role-playing and group activities to boost children's confidence in social interactions.

Day 6: Presentation Skills for Kids

- Introducing the basics of effective presentations in a child-friendly manner.
- Guided practice sessions for kids to enhance their presentation abilities.

Day 7: Conflict Resolution for Children

- Teaching kids' constructive ways to manage conflicts and disagreements.
- Engaging in role-playing activities to practice conflict resolution strategies.

Day 8: Storytelling and Communication

- Exploring the power of storytelling in effective communication.
- Encouraging children to create and share their own stories to improve communication skills.

Day 9: Public Speaking Techniques for Kids

- Introducing kids to public speaking and its relevance.

- Fun activities and exercises to help children overcome stage fright and speak confidently.

Day 10: Wrap-up and Review

- Reviewing key concepts covered throughout the course.
- Providing tips and guidance for trainers on effectively continuing children's growth in personality development and communication skills.

Training Materials:

- Presentation slides with engaging visuals.
- Worksheets and handouts for activities and exercises.
- Role-play scenarios and prompts for interactive sessions.
- List of recommended children's books and resources on personality development and communication.

Conclusion: The "Train-the-Trainer" module equips participants to effectively teach personality development and communication skills to children. Through engaging activities, interactive sessions, and practical insights, trainers will be well-prepared to empower kids with these vital life skills. This course sets the stage for fostering confident, empathetic, and articulate young individuals who can navigate the world with enhanced interpersonal abilities.

list of additional topics and life skills that you could consider including as bonus content:

Bonus Course Content:

1. Anger Management for Kids:

- Strategies for recognizing and managing anger in healthy ways.
- Techniques to calm down and express emotions without aggression.
- Role-playing scenarios to practice effective anger management.

2. Time Management for Kids:

- Introducing the concept of time management to children.
- Teaching organizational skills, setting routines, and using calendars.
- Fun activities to help kids understand the value of time.

3. Bullying and Peer Pressure Awareness:

- Raising awareness about bullying and its effects on individuals.
- Encouraging children to stand up against bullying and peer pressure.
- Role-playing exercises to teach assertiveness and effective communication in challenging situations.

4. Growth Mindset and Positive Thinking:

- Exploring the concept of a growth mindset and its impact on learning.
- Fostering positive self-talk and reframing challenges as opportunities.
- Interactive activities to develop a growth mindset and cultivate optimism.

5. Emotional Intelligence for Kids:

- Understanding emotions and their role in personal and social development.
- Teaching empathy, self-awareness, and social awareness.
- Games and exercises to enhance emotional intelligence in children.

6. Problem-Solving Skills:

- Introducing structured problem-solving steps to kids.
- Encouraging critical thinking and creative solutions.

- Interactive scenarios for children to practice problem-solving in various contexts.

7. Mindfulness and Relaxation Techniques:

- Teaching kids simple mindfulness exercises for relaxation and focus.
- Breathing techniques and guided imagery for stress reduction.
- Practicing mindfulness through engaging activities.

8. Goal Setting for Kids:

- Introducing the concept of setting goals and working towards them.
- Helping children define their goals and break them into achievable steps.
- Guided exercises to develop goal-setting skills.

9. Digital Etiquette and Online Safety:

- Educating kids about responsible internet usage and online behaviour.
- Teaching online safety practices to protect personal information.
- Role-playing situations involving digital communication.

10. Gratitude and Kindness:

- Nurturing a sense of gratitude and appreciation in children.
- Encouraging acts of kindness and empathy towards others.
- Creative activities to cultivate a culture of gratitude and kindness.

These are provided for a well-rounded and comprehensive training experience that addresses not only essential communication and personality skills but also a range of important life skills that will greatly benefit children as they navigate their personal and social development.

Course Duration:	3 Months (12 Sessions x 45 minutes each)
Course Fee:	- Rs 25,000/- (Instalment Option)
	- Rs 20,000/- (One-Time Payment)
Payment Options:	Instalments Available
Instalment Breakdown:	- Rs 10,000 (1st Month)
	- Rs 5,000 (2nd Month)
	- Rs 5,000 (3rd Month)
Fast-Track Option:	Discuss with Us for Expedited Completion
Advance Payment:	Required
Refund Policy:	No Refunds
Rescheduling Policy:	Advanced Notice Required for Postponement
Missed Classes:	Lessons for Missed Classes Will Be Shared
Time Slots:	Flexible, Based on Availability and Mutual Convenience

| **Bonus Materials:** | - 25 E-Books | | - Recorded Courses | | - Comprehensive Course Material |

| **Certification:** | ISO 9001:2015 | | **Offerings:** | | - Certificates upon course completion | | - Freelance opportunities for trainers |

Contact Information	
Contact Person:	Sujata Mukherjee
Email:	sujata.ggi@gmail.com
Website:	www.sujatamukherjee.com
Phone:	+91 9830519295 / +91 9830125296



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