



DEPARTMENT OF COUNSELLING PSYCHOLOGY



## SOFT SKILLS REPORT

### INTRODUCTION

The department of counselling psychology conducted a three days soft skills workshop from 2<sup>nd</sup> - 4<sup>th</sup> Dec, 2021 at 4 pm in which the students participated actively and enthusiastically.

### DAY-1

Self-awareness-being aware of an individual different aspect of the self-including traits, behaviour, and feelings.

Self-awareness is a first step to goal setting. Only when we are more self-aware, we are better at understanding ourselves.



## DAY-2

Interpersonal communication is the process of exchange of information, ideas and feelings between other people through verbal or non-verbal methods

Developing close relationship. Relatively high level of trust, love, knowledge, commitment and intimacy.



## DAY-3

### Resolving interpersonal conflict

An interpersonal conflict is a disagreement in some manner which can be emotional, physical, personal, or professional between two or more people. Such disagreements are commonplace in families, workplace, and society in general and are not necessarily physical or violent.







IF YOU HAVE ABILITY TO LOVE, LOVE YOURSELF FIRST

-CHARLES BUKOWSKI