



Personality Development

By

Bharathi

Senior Faculty Member

Dr. MCR HRD Institute of A.P.



WHAT WE ARE IS
GOD'S GIFT TO US.
WHAT WE BECOME IS
OUR GIFT TO GOD.

**PERSONALITY INCLUDES ...
EVERYTHING**

**PERSONALITY EXCLUDES ...
NOTHING**



Personality

Personality: Physical Image of Your Capabilities, Your Thoughts , Your Ideas and Above All, Your Character



Your Capability

Your Creativity

Your Potential

Your thinking level

Your achievements

OUR PERSONALITY

CONTROLS OUR....

- BEHAVIOUR,
- THOUGHTS,
- FEELINGS,
- EMOTIONS AND
- SHAPE OUR ATTITUDES .

LEADING US TOWARDS...

OUR DESTINIES

PERSONALITY
IS MOULDED AND AFFECTED
BY MANY FACTORS:

GENES

(BIOLOGICAL FACTORS) &

ENVIRONMENT

(WHERE WE HAVE GROWN UP)

HAVE CONSIDERABLE INFLUENCE.

HOWEVER,

WE CAN DO

A GREAT DEAL TO

IMPROVE

OUR PERSONALITY



What Determines Your Personality ?



Personality Development Composes of.....

People Management

Anger Management

Stress Management

Time Management

Self Management

People Management

Techniques to Handle People

- **Don't criticize, condemn or complain.**
- **Give honest and sincere appreciation.**
- **Don't argue - discuss.**
- **Respect others opinions.**
- **If you are wrong, admit it .**
- **Behave in a friendly way.**
- **Have empathy**
- **Let other person feel friendly**

Anger Management

Know to control or avoid anger

- **Read good books**
- **Find out the causes of your anger**
- **Recollect humorous situations you know**
- **Count numbers**
- **Relax and think about the result of your anger**
- **Be patient and think positive**

“Some people bring happiness wherever they go and some brings happiness whenever they go”.

Body Language

Body Language is nonverbal .

It is communication through the use of postures, gestures, and facial expressions.

How to make your body language more effective:

Don't sit cross legged

Don't touch your face

Have eye contact, but don't stare

Keep your head up

Don't be afraid to take up some space

Don't be too fast

Relax your shoulders

Don't be uneasy

Nod when they are talking

Confident hand movement

Don't stoop, sit up straight

Don't stand too close

Lean, but not too much

Positive re flexions

Smile and don't laugh too much

Keep a good attitude

Stress Management

Some Techniques to Manage Stress

- **Talk to someone / Share your feelings.**
- **Confirm from friends that you are OK.**
- **Cut down on caffeine and sweets. Take a regular walk**
- **Plan your decisions and decide your plans.**
- **Monitor the number of hours in a week.**
- **Develop hobbies**
- **Meet old friends**

Time Management

Simple Techniques to Manage Time

- Avoid interrupters / Time wasters
- Improve your concentration.
- Prepare a "To do" list .
- Differentiate between 'urgent' and 'important'
- Maintain good health
- Let people come with problems and proposed solutions

How to develop a fine personality ?

1. **Clarity of goals**
2. **Doing beyond expectation**
3. **Continuous Learning**
4. **Taking initiatives**
5. **Being enthusiastic & empathetic**
6. **Self discipline**
7. **Positive attitude**
8. **Managing self and managing teams**
9. **Sound physical and mental health**
10. **Team work**
11. **Honesty and Hard work**
12. **Improve knowledge and skills**
13. **Know to relax**

Some more ideas....

- ✓ Eat wisely
- ✓ Exercise regularly
- ✓ Think Positively
- ✓ Practice Good Etiquette
- ✓ Improve Time Management
- ✓ Set realistic goals
- ✓ Keep a Personal Record
- ✓ Smile
- ✓ Develop effective Communication Skills
- ✓ Allot time for rest, relaxation & recreation
- ✓ Practice Yoga & Meditation

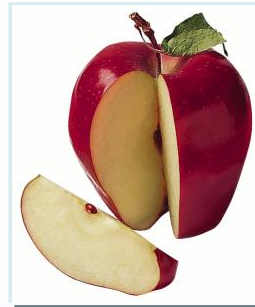
**UNDER
PROMISE**

=



**OVER
DELIVER**

=





PESSIMISM NEVER
WON ANY BATTLE



THINK
POSITIVE

forgiveness

IS A FUNNY THING,
IT WARMS THE HEART AND
COOLS THE STING





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BE HAPPY.
IT'S ONE WAY OF BEING WISE



YOU
ARE THE **CREATOR** OF YOUR OWN DESTINY.



Be a person of
CONTENTMENT



040-23548487(Extn:175)

bharathi.hrd@gmail.com