

# LIFE SKILLS TRAINING PROGRAM MODULE 1

## ABOUT THE PROGRAM

Also titled as **Interpersonal Communication and Listening Skills**, the program is a Self-Awareness Programme that offers both intra and interpersonal skills in listening and communication.

This course is experiential in nature with an emphasis on applying theory into practice. The aim of this Training Programme is to improve the quality of life - in the workplace, as well as in family and social/work relationships.

A major part of the training session will be dedicated to personal integration and skills training through supervised practice sessions.

This is a 40-hour training programme, conducted over a period of 6.5 weeks with sessions of 3 hours duration, which are held twice a week.

Participants include corporate employees, homemakers, NGO staff, students, doctors, teachers and other professionals over a broad age range (18 years to 78 years).

### COURSE DETAILS

**Duration:** 40 hours  
**Dates:** Offered 3 times a year  
**Days:** Twice a week  
**Time:** 3 hours each class  
**Mode:** Offline / Online

### VENUE

PARIVARTHAN Consultation and  
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