

PERSONALITY EXCELLENCE TRAINING (I-EXCEL) FOR STUDENTS & WORKING PROFESSIONALS

ACADEMICS & BEYOND

www.academicsandbeyond.in +91-94830 09981, services@academicsandbeyond.in



ABOUT US

Academics & Beyond is a **highly rated** Career Counseling, Personality Development & Soft Skills Training services organization based out of Bengaluru, India. Within a very short span of time (Estd. Oct 2017) A&B has catered to the needs of thousands of students and working professionals & have received rave reviews on Google. Recently A&B has been recognized as one of the **20 Most Promising Workforce Development Service Providers** in India by Silicon India magazine. We cater to the needs of students and working professionals.

SOFT SKILLS TRAINING

I-Excel is a "Personality Excellence Soft Skills Training Program". It has been designed at three levels catering to the needs of Pre-University, Graduate students/Job Seekers & Working Professionals. This training incorporates all the essential soft skills a student/fresh graduate/working professional would need to be successful in his/her life.

The training modules are built on scientific principles and are activity based. This experiential learning would ensure that students are better equipped to handle the real-life experiences. The content is developed by experienced consultants who have a blend of academic and corporate exposure. Our training consultants are well experienced too with a **minimum of 20 years of training/consulting experience**.

Training duration typically ranges from **12 to 24 hours** depending on the requirement. Training is offered at our facility for individuals & also onsite for institutes/companies as required. Please call us to know more.



CONTENT COVERAGE & TESTIMONIALS

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CONTENT COVERAGE

- Personality Development Basics - How Does Our Mind Work?
- Self-esteem & how to increase self-confidence - Find the positive YOU!
- Negate the Negative! - Identify your weaknesses, Work on your Anxiety, Stress, Anger & Sadness,
- Basics of Mindfulness
- Create your dream dashboard & become SMARTer! - Learn how to set goals & track them
- Interpersonal communication skills - Fundamentals - 7Cs, Visual (Body Language) Verbal, Written communication & Listening skills
- Social Communication - Become comfortable with social interactions
- Personal Organizational Skills - Dealing with distractions & procrastination
- Time Management & Prioritization - Detailed discussion with examples and scenarios/role plays
- Basics of Presentation and public speaking skills - with tips & tricks - with examples



TESTIMONIALS

"It is a useful and motivating classes which i had attended ever. The way you narrate the information is so clear and crisp. Thank you sir for your support and I will surely cultivate in my career whatever I have learnt through the sessions." **Chaithra,**

"The sessions helped me in understanding my own strengths and capabilities. It taught me the way to reduce my negatives. And the examples Srinath Sir uses to explain any topic are fabulous. Thank you Sir". **Syed L**

"Absolutely brilliant service. Mr.Srinath is a very motivated and sensitive person who is extremely knowledgeable. Can't ask for a better person to help you better yourself and kickstart your personal growth". **Vignesh**

"The session is informative and beneficial for our career.The way you convey the information is so clear and understandable. Thank you so much sir." **Nayana**

"The session is going to change my life, it brought all positive vibes in me, got knowledge about wat to concentrate and wat not to. Srinath sir delivers in simple words which we can take up quickly, he uses perfect examples which will help us understand better. Srinath sir is the best person", **Anitha**

"One of the best training i have ever attended. Got to learn a lot. These classes would help anyone who is WILLING to change their life". **Parthasarathy**