



## Universities' Training Program

 **Program Objective**

This program aims to equip university students with vital life skills that will positively impact their personal and professional lives beyond university.

 **Key Elements and Topics**

- ❖ Change Champions
- ❖ Communication Ninjas
- ❖ Heart and Mind Harmony
- ❖ Timecraft
- ❖ Project Maestros
- ❖ **PMP® Certification** (Upon completion of the PMP® 35 contact hours, students will qualify to take the PMP® exam, paving the way for career opportunities such as Project Manager, Senior Project Manager, Program Manager, and Project Management Consultant.)

 **Benefits**

- ❖ **Leadership and Team Collaboration:** Skills like those of Change Champions and Communication Ninjas prepare students to lead teams effectively, manage transitions smoothly, and foster strong collaboration and communication, essential for both academic projects and future careers.
- ❖ **Adaptability and Time Management:** Learning adaptability and Timecraft techniques equips students to handle changes in academic and personal life, optimize their productivity, and manage their time efficiently, leading to better academic performance and stress management.
- ❖ **Personal Well-being and Resilience:** Developing Heart and Mind Harmony helps students achieve a balanced life, boosting their emotional and mental well-being, enhancing creativity, and building resilience to face challenges.
- ❖ **Career Readiness and Advancement:** Pursuing certifications like PMP® and mastering project management skills ensure that students are well-prepared for the job market, offering them global recognition, higher earning potential, and advanced career opportunities.

 **Loyalty Rewards**

Exclusive discounts, priority access, and additional perks upon completion.



## Key Elements and Topics Description

### Change Champions

This training helps students effectively cope with and adapt to change. Participants will learn strategies to overcome resistance, foster a mindset of adaptability, and successfully implement changes in various aspects of their lives.

### Communication Ninjas

Designed to enhance students' communication skills, this training covers advanced techniques for clear, concise, and impactful communication. Emphasis is placed on active listening, non-verbal cues, and persuasive dialogue to improve interactions with peers and in future workplace environments.

### Heart and Mind Harmony

This training aims to align emotional intelligence with rational thinking. Participants will explore methods to balance empathy and logic in decision-making, fostering more harmonious and effective relationships through better self-awareness and interpersonal skills.

### Timecraft

Aimed at mastering time management, this training provides tools and techniques to enhance productivity and efficiency. Participants will learn how to prioritize tasks, manage distractions, and create effective schedules to maximize their use of time.

### Project Maestros

Focused on project management, this training covers essential skills for planning, executing, and closing projects successfully. Participants will learn about project lifecycles, resource allocation, risk management, and effective team leadership to ensure project goals are met on time and within budget.

