

## Essentials of PERSONAL DEVELOPMENT



CONTENTS OF THESE MATERIALS SHOULD NOT IN ANY MANNER BE SHARED OR DISTRIBUTED AS RIGHTS TO ITS ACCESS IS SOLELY GIVEN TO THE REQUESTING CLIENT. PLEASE USE PROPER CITATION/ATTRIBUTION WHEN USING THESE MATERIALS.

## **TABLE OF CONTENTS**

UNIT		Exploring the Characteristics of Oneself1	
Module	1	Knowing Oneself2	
Module	2	Developing the Whole Person12	
Module	3	Developmental Stages in Adolescence	
Module	4	Challenges of Adolescence32	
Module	5	Coping with Stress during Adolescence40	
Module	6	The Powers of the Mind49	
Module	7	Mental Health and Well-Being61	
Module	8	Emotional Intelligence	
UNIT		Nurturing Relationships and Developing a Career93	
<b>UNIT</b> Module	9	Nurturing Relationships and Developing a Career	
		they had no realize not solute they will enoble the location of the strategy and they	
Module	9	Personal Relationships94	
Module Module	9 10	Personal Relationships	
Module Module Module	9 10 11	Personal Relationships	
Module Module Module	9 10 11 12	Personal Relationships	
Module Module Module Module Module Module	9 10 11 12 13 14	Personal Relationships	

## IMPORTANT REMINDERS

THESE MATERIALS WILL STRICTLY BE FOR REFERENCE/INSTRUCTION PURPOSES ONLY. THE CONTENTS OF THESE MATERIALS SHOULD NOT IN ANY MANNER BE SHARED OR DISTRIBUTED AS RIGHTS TO ITS ACCESS IS SOLELY GIVEN TO THE REQUESTING CLIENT. PLEASE USE PROPER CITATION/ATTRIBUTION WHEN USING THESE MATERIALS.