

PERSONAL DEVELOPMENT COURSE – Module 1

Suggested Programme

- 9.00** **Tea/Coffee and Registration**
- 9.30** **Introduction and Welcome**
Ground Rules - Thinking outside the box
Stress Management
An Islamic perspective
- 11.00** **Tea/Coffee Break**

How to be in a **POSITIVE** state of mind all the time -
Cognitive Behaviour Therapy from an Islamic perspective
- 1.00** **Lunch and Zuhr Prayers**
- 2.00** Anger Management

Managing Negativity – The Prophet’s pbuh way of managing negativity
11 important psychological and physical Social reasons to smile
- 3.00** **Tea/Coffee Break**

Emotional Intelligence – What is it? How to improve your Emotional Intelligence
The Prophet’s examples of Emotional Intelligence

Feedback and review
- 4.00** **End**