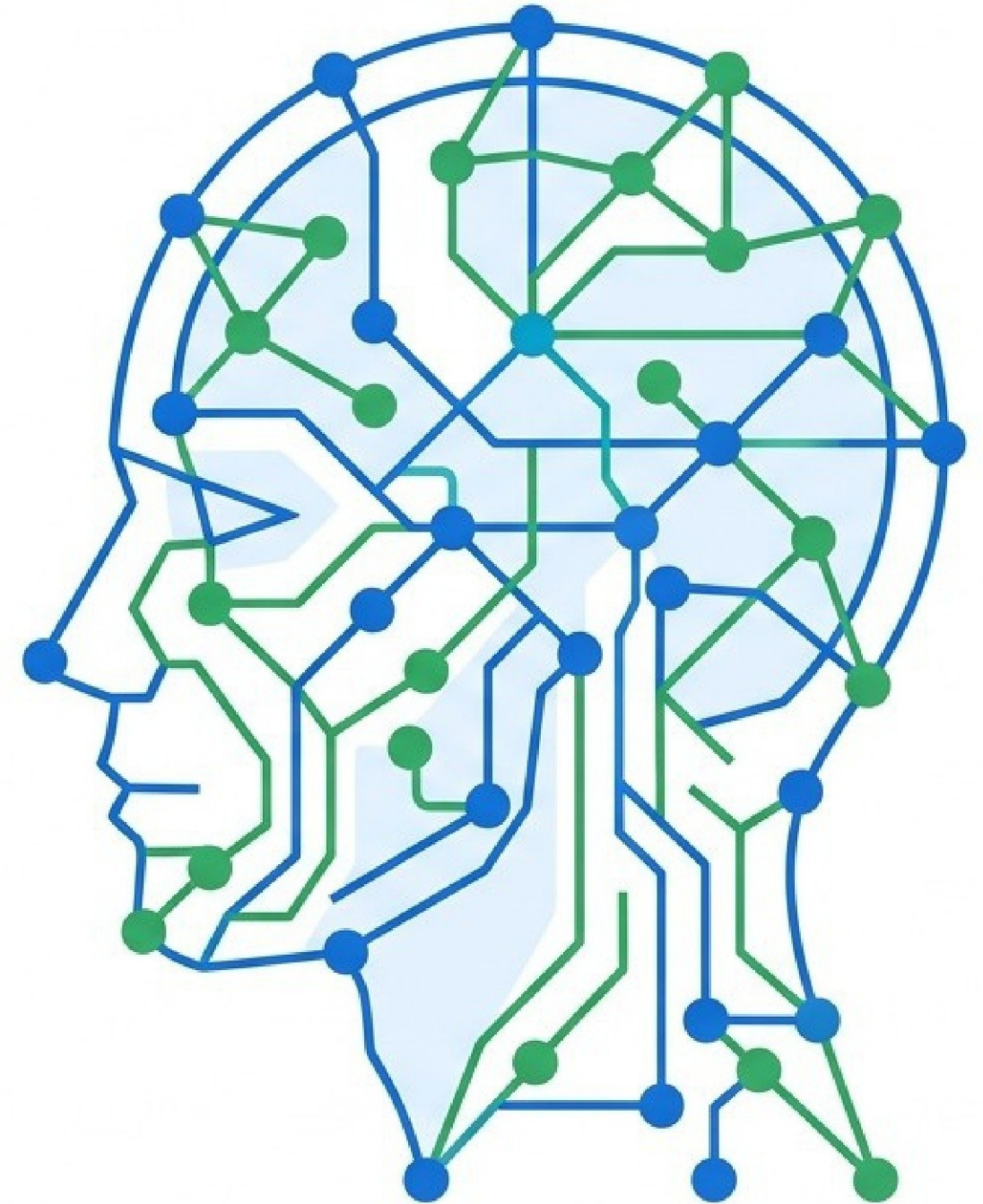


Corporate Self Awareness Training Course

Drive Team Excellence and Build Lasting Capabilities Through Self-Discovery



The Paradigm Shift

Legacy Approach

Reactive communication,
unrecognized weaknesses,
and vulnerability to
workplace disputes.



Industry Disruption

Edstellar's expert-led
self-discovery and
introspection framework.



Enabled Outcome

A cohesive, motivated
workforce with high
emotional intelligence and
adaptable resilience.



Course At-A-Glance



8 - 16 hours
Course Duration



Instructor-led
Group Training



**Delivery via Virtual,
On-site, or Off-site**

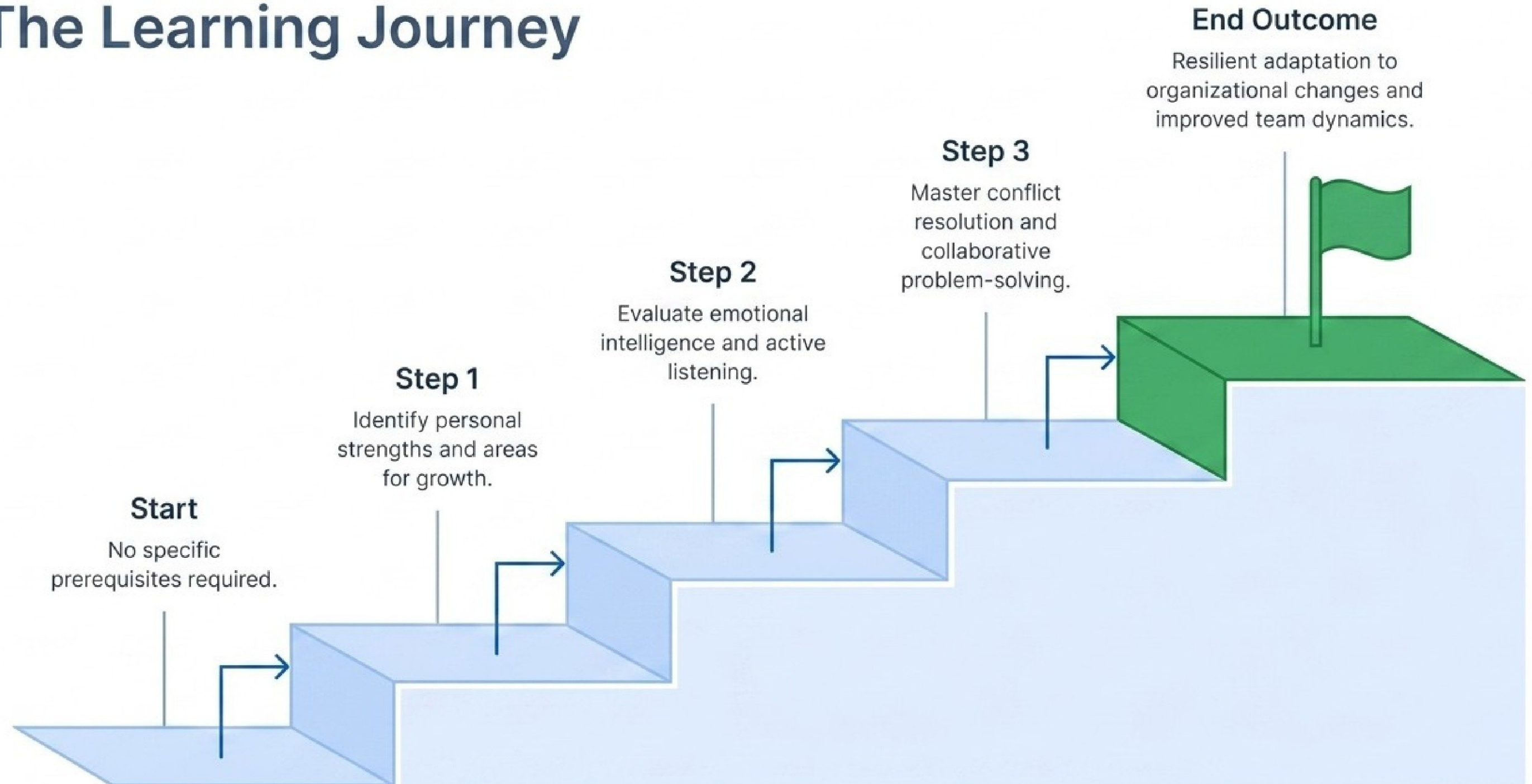


10,000+
Trainers Globally



Course Completion
Certificate Awarded

The Learning Journey



Curriculum Architecture



Phase 1 Deep Dive: Foundation



Phase 2 Deep Dive: Application

Traditional

Misinterpreted body language leading to workplace workplace disputes and rigid responses to change.

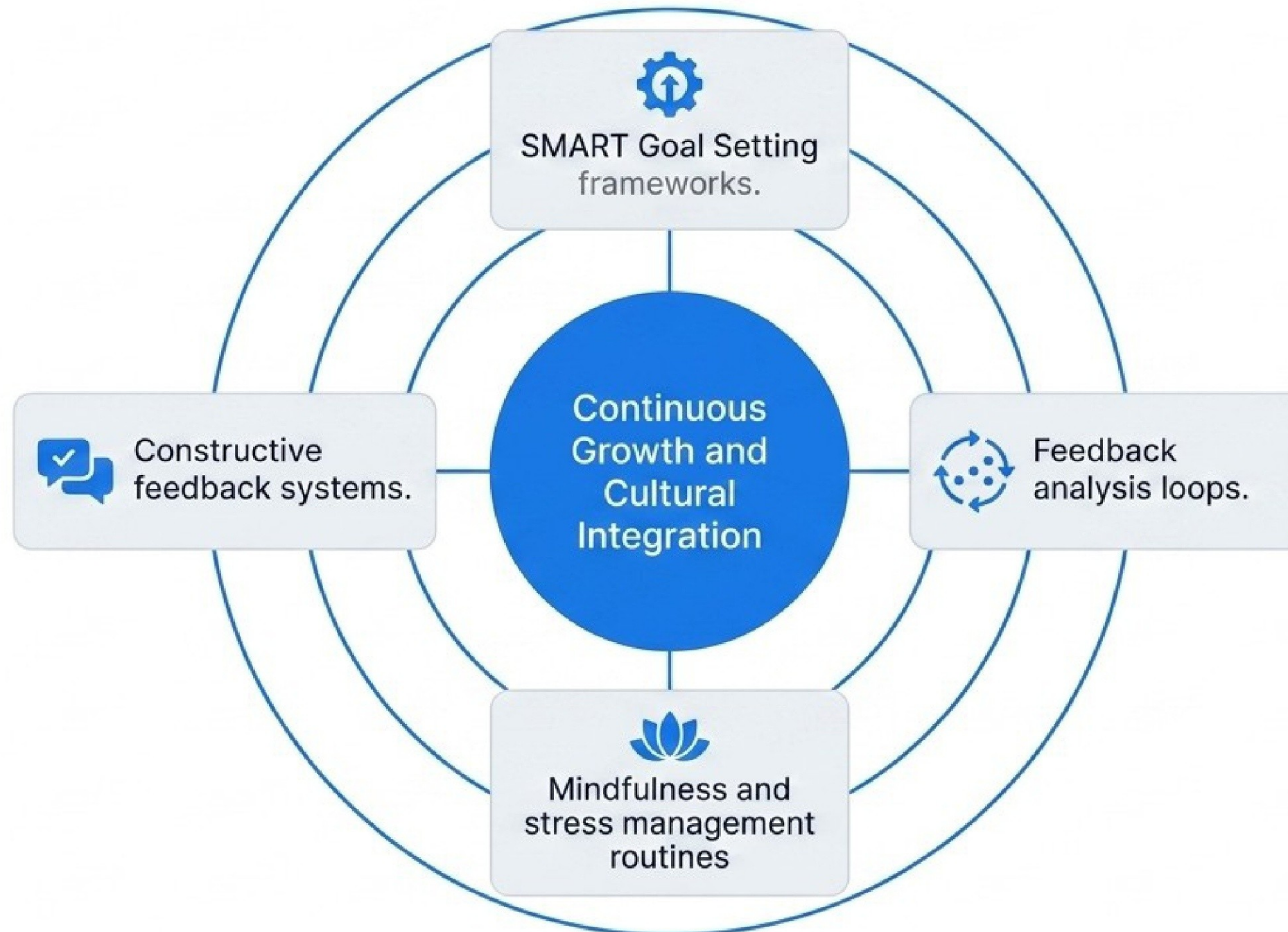
Course-Enabled

Active listening and empathetic communication driving collaborative problem solving.

Methods

1. Active Listening Exercises
2. Non-verbal Cue Interpretation
3. Collaborative Mediation
4. Change Management Strategies

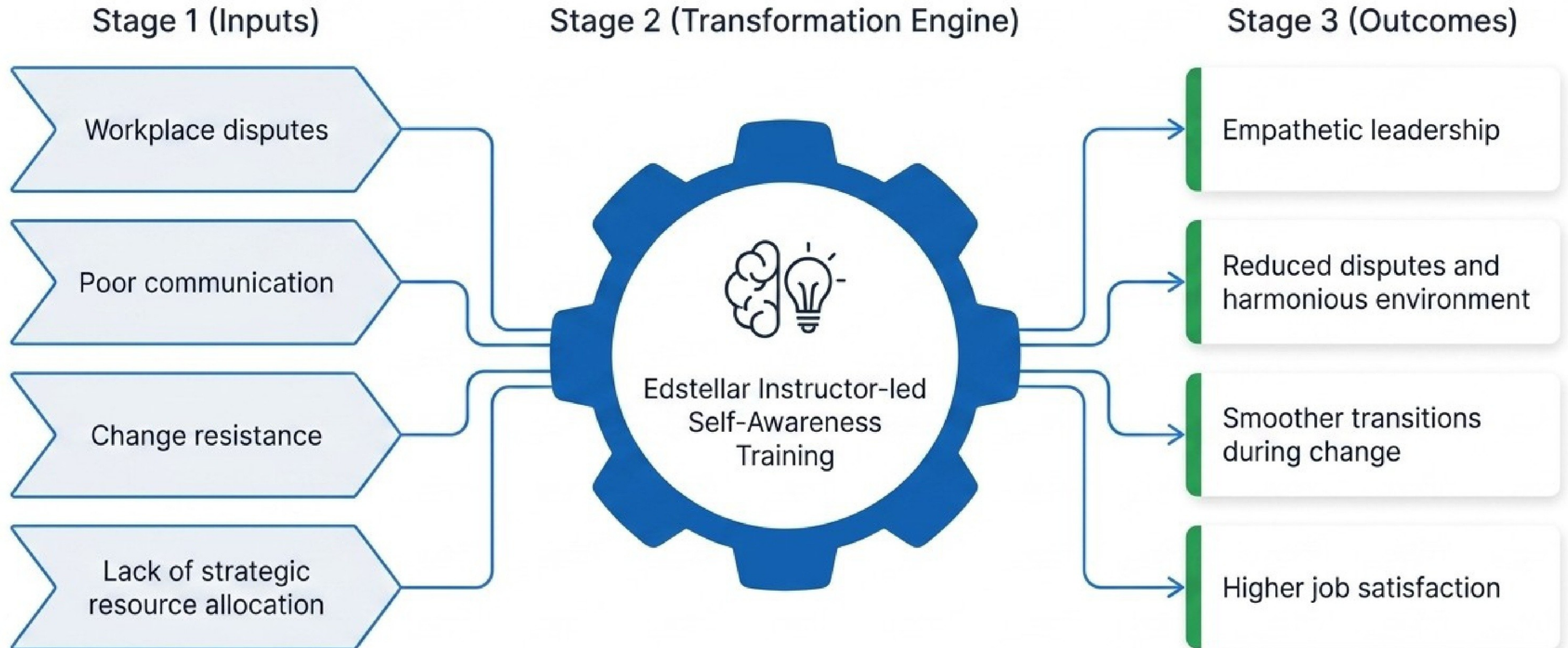
Phase 3 Deep Dive: Enterprise Integration



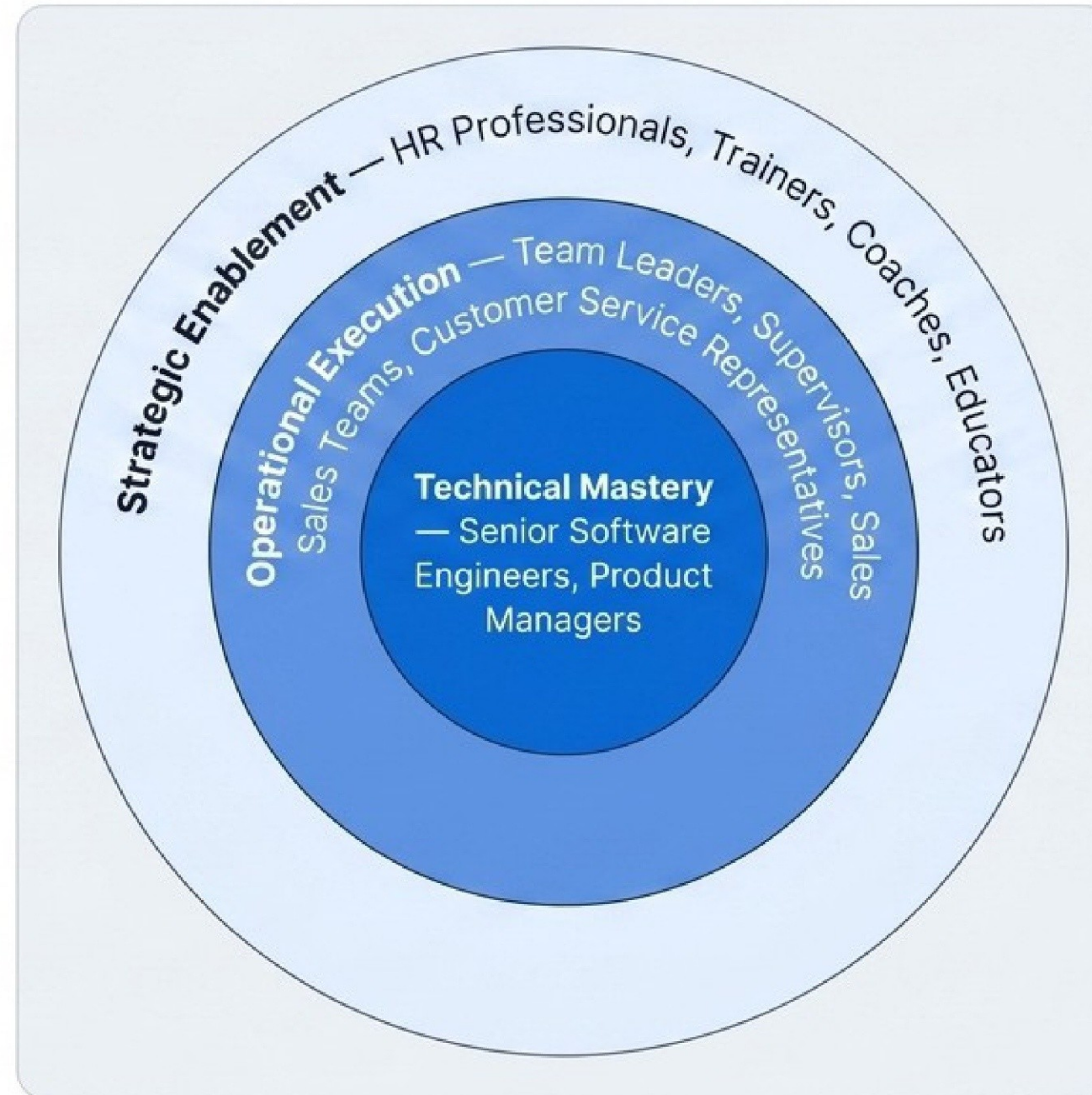
Diagnostic Matrix: Skill Application Across Business Clusters

	Self-Assessment	Emotional Intelligence	Interpersonal Skills
Leadership	Aligns goals	Manages team emotions	Allocates resources strategically
Team Collaboration	Identifies growth areas	Resolves conflicts collaboratively	Builds trust and respect
Customer Relations	Enhances empathy	Improves active listening	Fosters client relations

Business ROI Flow



Target Audience Alignment



Delivery Modalities



Virtual Live Instructor-Led

- Global reach
- Consistent training quality
- Scale learning for large groups



On-site Training

- Higher engagement via face-to-face
- Tailored workplace environment
- Improved team collaboration



Off-site Training

- Distraction-free environment
- Improved team bonding
- Dedicated schedule away from office

Proof Of Impact

“The Self Awareness training exceeded my expectations in every way. As a Senior Software Engineer, I gained comprehensive knowledge of strategic frameworks that transformed my approach... I’ve confidently led multiple high-visibility initiatives leveraging this comprehensive knowledge.”

Shelby Crawford

Senior Software Engineer

Enterprise Software Development Firm

Global Reach and Scalability





Scale Your Training Delivery Today.

Validates acquired skills and boosts organizational success.

contact@edstellar.com