**Developing Human Capabilities Course Details**

1. **Individual Competency**
* Human development and capabilities
* Understanding self and self effectiveness
* Personality development
* Application of human abilities in public dealing
* Self awareness and discovery of mental power
1. **Managing Organizational Capabilities**
* Time management
* Stress management
* Change management
* Conflict management
* Cross cultural management
* Life work balance
1. **Managing Functional Capabilities**
* Mentoring and coaching
* Managing Performance
* Communication skills
* Negotiation Skills
* Creative Problem Solving