# HOW TO UPDATE YOURSELF

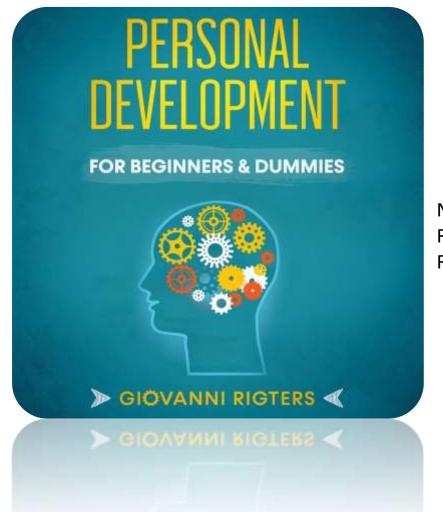
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# Setting your Goal

- Setting goals can help you establish a short, medium, and long-term strategy for success.
- Effective, worthwhile, achievable, and specific.
- Stay committed.
- It helps to evaluate and track your progress.



## Self development Process





News paper, Related articles, Related books



It will help
you make
connections
with people who
will inspire and
motivate you to
continue
learning



You don't have to stop learning if you aren't a student anymore.



start a daily 30minute walk, any form of exercise will certainly help make your development.



Movie and music can help your relax. There are many educational movie that teach people skills, such as math and linguistics.

# Self development Process



## Let your imagination run free

Allowing yourself to daydream and think creatively can help you process information and connect ideas. Sometimes we force ourselves to think too critically or seriously.

## Reflect on what you've learned

This type of intelligence gets a boost from reflection. Reflecting every day on what we've experienced and what we've taken away as a result, is the core of learning.

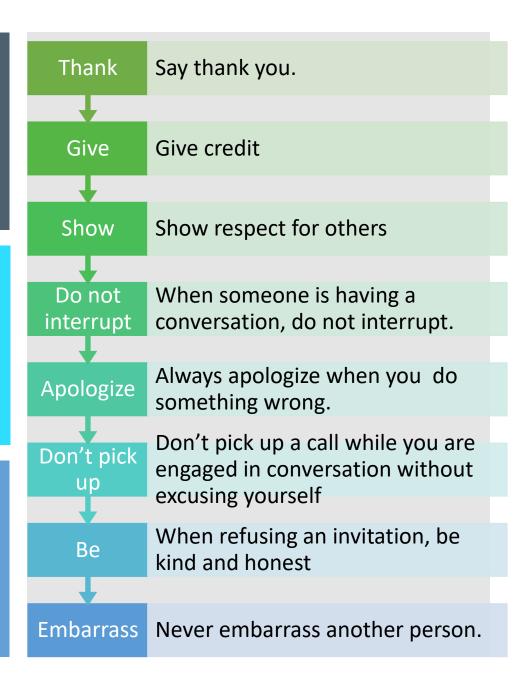
# Improved interpersonal Skills



- Practice empathy
- Cultivate a positive attitude and work environment
- Recognize others' expertise
- Show an interest in colleagues
- Become self-aware:
- Handling difficult colleagues
- Be assertive
- No distractions

## Courtesy & Manner





## The different Type of Intelligence



#### Interpersonal intelligence

- Prefers to work alone
- Processes emotions well
- Learns through self-reflection



### **Numerical intelligence**

- Talent for mathematics and puzzles
- Using logic and reason to solve problems
- Patterning and probability



## Music intelligence

- Carrying out tunes of music and matches certain pitches
- Excellent sense of rhythm
- Creative with sound to create beats



#### **Spatial intelligence**

- Has an eye for design
- Excels at drawing and painting
- Learns best with visual clues

# WHY Update yourself

- To take yourself to the next level
- Keeps you relevant in a competitive workplace
- To be a leader
- Make comfortable environment for self



# **THANK YOU**