

PSYCHOSOCIAL SUPPORT

Emotional growth and Personality

Lesson-11

OBJECTIVES

- To understand Importance of neurological and psychological development for Body Language and Personality Development among young people.
- To develop a systematic approach to education in socio-economic transitional phases of the world when education is a basic human right, but it is also a response mechanism for protection and fulfillment of needs of time. Objectively a well-organized learning environment with caring mode may be the best way of reducing the effects of traumatic experiences (if any) and help rehabilitate individuals and communities as per need through proper psychosocial support.
- To realize how body language is best defined as a non-verbal form of communication showed through facial expressions, gestures, posture, and body movements, says a lot about one's personality.

Contents to be covered

The chapter will cover human brain : how it works, Body language :how it comes from neurological and psychological perspective, Personality :how you can build by growing emotionally and psychosocial support for performing life confidently.

Overview and Rational

Everyone needs psychological support in different manners throughout the lifetime. Especially now a days, young people can't concentrate in deserved situation in preferred level where psychosocial support can evolve basic capacity of human brain for becoming rational and developmental.

There are many ways people can improve body language, but like most things, it needs practice and consistency so that it will become part of you, and not just something you can do for a certain period of time.

Emotional growth can be ensured through proper psychosocial support where smart body language is logical sequence.

On the other hand if someone wants to develop his/her personality in a positive way, they need to be aware of his/her own body language and make sure it remains to what is generally perceived as positive body language.

Number of evaluation on individual body language will be done keeping in mind that great speakers are not born, they are made. Before they became great speakers, they underwent a rather difficult process of honing their skills, talents, and yes, even their body language.

This chapter within classes will give basic tips about emotional growth, psychosocial support and relationship among body language and personality that finally will be contributing to creating effective career for the 21st century.

Mode of class conduction

Show, Discussion and Practice

Materials

- PowerPoint presentation “Emotional Growth, Body Language and Personality”
- Films