

**Course Name: Personal Mastery**

**Faculty Name:** Amit Kumar

**Number of credits:** 01

1. **Course brief / Abstract:**

The ability to grow and adapt continually is critical in today’s interconnected, volatile, and highly interdependent world.

**Personal Mastery** is a course designed to help students develop this ability. The course delivers a highly immersive and usable experience where students become keenly self-aware, learn to craft a wholesome identity, and create an incisive self-growth plan. They learn to observe keenly, challenge biases and assumptions, and manage emotions. The students also learn to craft wholesome narratives for others and, therefore, engage in much healthier interpersonal dynamics.

The central theme of this course is the four-quadrant narratives - the stories we constantly create and tell. We become those stories and act out the identity scripts we write for ourselves. These stories determine the way we see the world, and the way the world sees us.

1. **Course Objectives:**
	* 1. Adopt a growth mindset
		2. Practice skillful intra- and inter-personal dynamics
		3. Create a wholesome narrative about oneself and others
		4. Identify cognitive biases, ladder of inference; identify predominant behavourial traits

The narratives determine how accurately one sculpts one’s identity and plans personal growth, which is a critical leadership trait. They also hone the ability to empathise with, as well as influence, others.

1. **Prerequisites:**
* *The eagerness to grow*
* *The rigour to apply the concepts learned during the workshop*
1. **Schedule:**

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| **Day** | **Session 1**  | **Session 2**  |
| October 1 | * Four-quad narratives
* Mythos of identity
* Non-negotiables
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| October 3 | * Ladder of Inference
* Cognitive biases
* Narrative fallacies
* Cognitive distortions
* Data & assumptions
 |
| October 15 | * Emotional intelligence
* Amygdala hijack
* Power of observation
* Thin-slicing
* Behavioural traits
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| October 16 | * Intro to Quad 1&2
* Quad 1 stories
* Quad 2 stories
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| October 17 | * Quad 3 stories
* Quad 4 stories
* Revisit Quad 1
 |
| October 18 | * Fluidity
* Growth vs fixed mindset
* Review process
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1. **Assignment Brief and Evaluation criteria\*:**

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| **Class Participation** | Weightage50% | What constitutes class participation: - Speaking out - Asking questions - Contributing to team activities |
| **Assignment 1** | Weightage50% | Individual | Brief of assignmentCompleted four-quadrat narratives using text and drawings. | Form of output:* Drawing
* Presentation
* Academic Paper
* Physical Model
* Digital Model
* Film and Visual media
* Exhibition
* Other:

**(Any of the above)** |