



Citta Consultancy

Khittit Academy Online Self-Paced Courses





Stress Management

Online course

Stress management skills are a set of universal soft skills applicable to all aspects of living, and they will help people overcome challenges to succeed in any endeavors they participate in. This is an introductory course to understanding what makes up stress and how to manage stress. It explains how the mind-body-feelings-social are connected. Best methods to achieve a healthy mindset and happy life will be explored. This course will equip learners with stress management skills so that they can apply them when faced with naturally occurring and inevitable challenges in work, love, and life, whereby work includes school, profession, volunteerism and such, love includes relationships and family, and life includes developmental milestones, life events, personal growth and so forth.

This personal development course will take about 3 hours to complete. The objectives are:

1. Participants will have a definition of Stress
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2. Participants will demonstrate understanding of Mind-Body-Heart-Social connections in personal wellness.
 3. Participants will have clear reports of impact of Stress in their lives.
 4. Participants will describe the unique presentation of Stress in Myanmar.
 5. Participants will use Stress Management Skills to deal with the challenges they face in life, love and work.
 6. Participants will develop their own personal Wellness Action Plan that is a roadmap to their self-care and stress management strategies.

Modules:

- Definition of Stress and the Mind-Body-Emotion-Social connection
- Impact of Stress and Signs of Stress
- Coping Skills and Relaxation techniques
- Stress Management strategies and Self-Care
- Building Resilience



What is Love? Ingredients of Healthy Relationships

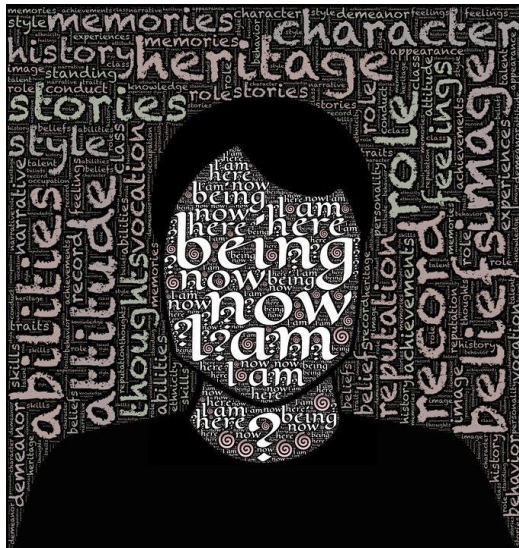
Online course

This personal development course "What is Love? Ingredients for Healthy Relationships" will educate the learners about knowledge and skills that are foundations to what build healthy relationships with parents, siblings, children, friends, lovers, partners in marriages, coworkers, and so on. Topics to be covered in the course are personal boundaries, self agency, respect of self and others, gender role dynamics, social

responsibility, communication skills, etc. Signs of dysfunction in relationships and how to effectively resolve them will be explored as well. The online course with its assignments is expected to take 4 hours to complete in total.

Modules:

- Defining What is Love
- Different Types of Love
- Recipes for Love
- Self-Love as the Seed
- The Art of Loving



Who am I? Personal and Social Identities

Online course

This personal development course "Who am I? Developing Personal and Social Identities" is an exploration of personal identity and social roles, including personal strengths and interests. The gender role expectations and how they impact personal identity, values, beliefs and relationships will also be explored. Healthy sense of selves and expanded vision of social roles will be developed for each learner so as to empower self, build confidence, and

develop socially conscious selves that will prepare one for a purposeful and meaningful life.

Unlike our other courses, this course is a lot more hands-on with activities to reflect, analyze, create and apply the concepts explored in the course material. The online course with its assignments is expected to take 4 hours to complete in total.

Modules:

1. Who am I? - Definitions
 2. Personal Interests Inventory
 3. Personal Strengths Inventory
 4. Personal Values Inventory
 5. Social Roles Inventory
 6. What are the Connection to Self and Others?
 7. Your Life Journey in the Connected World
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