

Info Pack

10185NAT

Certificate II in Self Awareness and Development



Duration

12 day workshop
plus self-paced activities



Entry Requirements

No



Delivery

Blended Learning,
Live Class



Accreditation

This is a nationally
accredited qualification

Reach your full potential through self-awareness and then use this understanding to prepare yourself for success – in every sense of the word. Participants can expect to be surprised, challenged and occasionally confronted as their prevailing personal beliefs and behaviours are re-aligned with the hallmarks of success.

Who is this for?

It is ideal for individuals who need to break down the barriers that are holding them back. School students, job seekers and people “at risk” of disengaging from education and employment benefit greatly. The course integrates socio-cultural learning with practical exercises, coaching and problem solving. It enables participants to overcome significant barriers to develop personal commitment and confidence.

What You'll Learn

When you finish this course, you'll be able to:

- Transform thinking habits and cultivate creativity
- Connect and communicate with others
- Develop empowering beliefs and habits
- Make informed choices to overcome obstacles
- Deal with fears and challenges
- Create a personal vision, goals and opportunities
- Balance roles and manage own time and energy

Career Opportunities

This qualification is designed to help people develop the “mindset before the skillset” so it is the perfect partner to industry specific vocational qualifications and a range of career opportunities.

Entry Requirements

None.

Delivery Options

1. Live Class

- i) Group workshop with a trainer to support and guide you through activities. Ask us for scheduled course dates at locations convenient to you.
- ii) We can also come to your workplace and deliver a customised program to meet your workplace needs (Minimum numbers apply. Contact us to discuss your particular needs).

2. Blended Learning

This is a flexible and efficient way to complete your qualification. It may include live classes, online study, self-paced activities and webinars.

Duration

You have 6 months from course commencement to complete this qualification.

Course Outline

To complete this qualification you must demonstrate competency in a total of 12 units. Five of these units are core and there are seven electives. The table below shows the content of our standard program however other electives are available.

Units of Competency	Core/ Elective
SADTNK201 Transform thinking habits	Core
SADCOM201 Identify learning styles and personality profiles to communicate effectively	Core
SADEST201 Make choices that develop self-esteem	Core
SADGOL201 Develop empowering beliefs and habits	Core
SADCHL201 Deal with fears and challenges	Core
SADCCT201 Cultivate creative thinking	Elective
SADCVO201 Create personal vision and opportunities	Elective
SADCPO201 Clarify purpose and overcome obstacles	Elective
SADMGR201 Define, monitor and reward goals	Elective
SADGOL202 Manage time with balance and self-discipline	Elective
SADBPR201 Build positive relationships	Elective
SADCOM202 Present with positive praise and critique	Elective

Course Materials

Your learning resources will include:

- Training Manual
- Resource Library containing document templates, samples, fact sheets and explainer videos
- Access to live and recorded webinars and online discussion forums
- Access to the Uplearn Learning Management System

You will also be able to access our "Homework Club" tutorials and individual support calls.



Technology Requirements

During your studies, you will need access to the following:

- Computer with compatible operating system (Windows 8 or higher, Mac)
- Printer, scanner and phone
- Current web browser (Chrome, Safari or Firefox)
- Email address and stable Internet connection access (with a reliable speed of at least 5mbps)
- Microsoft Office - including Word, Excel and PowerPoint
- Adobe reader

Assessment

Assessment is a combination of:

- Written questions
- Case studies
- Practical assessment

Further Training Options

If you successfully complete this qualification you could continue your studies in a range of vocational qualifications. These might include but aren't limited to:

[SIT20316 Certificate II in Hospitality](#)

[SIT30616 Certificate III in Hospitality](#)

[BSB30415 Certificate III in Business Administration](#)

Fee Information

Please see our full Fee Schedule for information about unit costs (where applicable), RPL fees and Refund Policy.

Live Class	Blended
\$1,500	\$1,500