

LIFE SKILLS AND PERSONAL DEVELOPMENT TRAINING: AN ITTI INITIATIVE PROGRAMME



Article Writing

LIFE SKILLS AND PERSONAL DEVELOPMENT: A WORKSHOP REFLECTION

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**Building Confidence, Communication, and Professional Growth
Through Practical Learning**



GROUP PHOTO

Earlier this month, I had the opportunity to participate in a 3-day workshop on *Life Skills and Personal Development* at the International Travel and Tourism Institute. The workshop was an educational and inspiring experience that focused on building confidence, improving communication skills, and preparing participants for personal and professional success. Through practical lessons and activities, I gained knowledge that can positively influence my daily life and future career.



Before the workshop officially began, all participants were given the opportunity to take center stage and introduce themselves. This experience helped build confidence and encouraged self-expression. I was able to introduce myself confidently and deliver an exceptional introduction, which made me realize how much I had improved in presenting myself before others.

One of the key lessons I learned was the importance of effective communication skills. Communication is not only about speaking but also about listening carefully, understanding others, and expressing ideas clearly. The workshop taught me that strong communication helps people build better relationships, avoid misunderstandings, and work effectively with others in different environments.

The workshop also focused on self-confidence and personal growth. I learned that confidence plays an important role in achieving success because it encourages people to believe in themselves and face challenges without fear. Self-awareness was another important lesson, as it helped me understand the need to recognize my strengths and areas for improvement.

Additionally, the session on personal development and emotional control stood out to me. I learned the importance of patience, discipline, and maintaining a positive attitude even during difficult times. Developing emotional intelligence helps people handle pressure, make better decisions, and interact respectfully with others.



An important part of the workshop was public speaking, where I had the opportunity to be the first to take the floor. Participants were given about fifteen minutes to prepare and present their speeches, but this did not deter my confidence or abilities. During my presentation, I spoke about “being determined to see possibilities out of what may seem impossible”. I used the example that *the Earth hangs in space, yet God has made it possible for us to live here*

comfortably without feeling like we are hanging. I also cited realities about space exploration and the importance of planet Earth for human habitation, making reference to recent developments such as the Artemis II mission and its planned visit to the Moon. After my presentation, both participants and the facilitator applauded my smooth and confident delivery, which encouraged me and strengthened my confidence in public speaking. The lesson I drew from this experience is that everything a person wants to become is possible through determination and belief.



A memorable part of the workshop was learning about table manners and professional etiquette. We were taught how to behave properly during formal meals, how to use dining utensils correctly, and the importance of showing respect and professionalism in social and business settings. This lesson helped me understand that good manners create a positive impression and reflect discipline

and confidence.



In addition, we participated in both mock and real interview sessions, which were highly beneficial. The mock interviews gave us the opportunity to practice answering questions, improve confidence, and learn how to present ourselves

professionally. The real interview sessions provided practical experience and helped us understand what employers may expect during job interviews.

We were also taught CV writing, which was an important part of the workshop. I learned how to prepare a professional CV, organize personal and educational information properly, and present skills and experiences clearly. This lesson helped me understand the importance of having a well-written CV in creating a good first impression when applying for jobs.

A key lesson I gained from the workshop is that I can now introduce myself more confidently and effectively than I used to when asked to introduce myself. Through practice and guidance, I have also improved my personal statement and the way I present myself confidently and professionally. These lessons have encouraged me to become more confident in professional settings and better prepared for future opportunities.

An equally valuable lesson was time management and goal setting. I learned that managing time effectively increases productivity and helps individuals remain organized and focused on achieving their goals.



Overall, the workshop was engaging, practical, and highly informative. It equipped me with important life skills such as communication, confidence, personal development, emotional control, professionalism, public speaking, table manners, CV writing, and interview preparation. A certificate was also awarded on the final day of the programme in recognition of our participation and successful completion of the workshop. I believe these lessons will continue to guide me in becoming a responsible, confident, and successful person in both my personal and professional life.