

# One Day Workshop

On

## Softskills

**Resource person: Smt M.Jyothi , Volunteer Art of Living, Vijayawada.**

**Date: 10-08-2018**

### **Description of the Programme:**

Smt. M. Jyothi, the resource person defined Soft Skills as character traits or interpersonal aptitudes. They affect our ability to work and interact with others. She supposed that one must showcase soft skills by creating a situation to reveal one's professionalism. Soft skills relate more to emotional intelligence and are natural abilities. They are more important in business and career than technical skills. She told soft skills include: clarity, confidence, empathy, listening, verbal communication, body language and team work. The resource person advised the students to practise Meditation and Yoga for better mental health and for prospective thinking.



***Soft Skills get little respect but will make or break your career.***

***-Peggy Klaus***