

REPORT

Seminar on Personal Excellence: Insights from Planet Psychology - May 20th, 2024

An enlightening seminar for the students of the Post Graduate Diploma in Guidance and Counselling was organised in the college campus. The session was led by Ms. Shilpa from Planet Psychology, who shared profound insights into personal growth, client relationships, and fundamental human needs.

Ms. Shilpa began the seminar by emphasizing the significance of personal integrity and consistent effort in achieving personal excellence. She conducted an exercise where participants wrote three sentences beginning with "I can't," such as "I can't make enough efforts to grow." By adding the word "yet," these were transformed into statements of potential: "I can't make enough efforts to grow yet." This simple but powerful activity highlighted the importance of perseverance and adopting a growth mindset. Further

Participants were encouraged to shift their perspective by replacing "I have" with "I choose to" in sentences like "I have to exercise every day," which then became "I choose to exercise every day." This subtle change empowered students to view their responsibilities as deliberate choices rather than burdens, fostering a sense of ownership and positivity. Discussing client engagement, Ms. Shilpa advised tailoring one's energy to match a client's emotional state, emphasizing, "If a client's energy is low, lower your energy." This approach promotes effective communication and better understanding, essential skills for aspiring counselors.

Highlighting the interconnectedness of human existence, Ms. Shilpa introduced the African philosophy of Ubuntu with the phrase, "I am because you are." This perspective stresses empathy, mutual respect, and the significance of relationships in both personal and professional realms. The resource person also emphasized the power of effective questioning in therapy, particularly the query "What else?" This simple yet profound question encourages clients to delve deeper into their thoughts and feelings, fostering meaningful dialogue and self-reflection.

The Students were also informed about a 45-day internship program designed to

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provide practical exposure and hands-on experience. This program aims to enhance professional readiness, equipping participants with essential skills for real-world challenges. Ms. Shilpa concluded the session by identifying three fundamental human needs: "to be seen, to be heard, and to be valued." These principles underscore the importance of recognition, active listening, and appreciation in promoting psychological well-being.

The seminar was an inspiring and enriching experience, offering students valuable tools and insights for personal development and professional growth. Ms. Shilpa's guidance from Planet Psychology not only emphasized the significance of psychological principles but also provided practical techniques to nurture a holistic approach to life and counselling.



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