

# Personal Development Course

## Course Program (Group G1)

### a.a. 2023-2024

#### **Course introduction. Developing your potential through personal improvement and growth**

Wednesday, November 8<sup>th</sup> 2023, 08:30 - 10:30 a.m., Room F, **Roberta Virtuani** – Università Cattolica

#### **Visioning and planning through a personal development plan. A story of success: becoming a manager**

Wednesday, November 15<sup>th</sup> 2023, 08:30 - 10:30 a.m., Room F, **Roberta Virtuani** – UCSC, **Mara Cassinari** - HCLTech

#### **Developing your employability and personal branding through your CV and your cover letter**

Thursday, November 23<sup>rd</sup> 2023- 08:30 - 10:30 a.m., Room F, **Alessandro Ferrario** - AdeccoGroup

#### **The power of self-leadership**

Wednesday, November 29<sup>th</sup> 2023- 08:30 - 10:30 a.m., Room F, **Luigi Drei** – Trainer and writer

#### **How to handle your comfort zone. Developing your learning skills through memorization and quick reading techniques**

Wednesday, December 6<sup>th</sup> 2023- 08:30 - 10:30 a.m., Room F, **Roberta Virtuani** – UCSC, **Nicoletta Todesco** - Brain Up

## Lezioni seminariali

Via Emilia Parmense, 84  
**Campus di Piacenza**

*In collaborazione con Stage & Placement e CUML - Comitato Università Mondo del Lavoro*

#### **Informazioni:**

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