**International Training Programme on Human Capabilities**

**Contents:**

1. **Individual Competency**

* Human development and capabilities
* Understanding self and self effectiveness
* Personality development
* Application of human abilities in public dealing
* Self awareness and discovery of mental power

1. **Managing Capabilities**

* Time management capabilities
* Mentoring
* Stress management
* Change management
* Conflict management
* Cross cultural management
* Life cycle balance

1. **Good Governance**

* Ethics and values
* Government Policies
* Human Rights