

Overview

The Indian Training and Development Center (ITDC) is a premier learning hub dedicated to enhancing soft skills, professional competence, and future-readiness among learners of all backgrounds.

In today's rapidly changing world, knowledge alone is not enough — one must master communication, confidence, creativity, and adaptability.

Through its dynamic programs, ITDC empowers students, professionals, educators, and women returning to work with the right blend of personal growth and professional excellence.

Mission

To empower individuals with essential life and career skills that help them grow personally and professionally, adapting seamlessly to the evolving future of work and life.

Vision

To become a leading national institute in soft skills and professional development, fostering a culture of continuous learning, emotional intelligence, and future-ready innovation.

Objectives

- To promote holistic development through soft skills and personal growth training.
 - To equip learners with the tools needed to communicate, collaborate, and lead effectively.
 - To integrate AI, innovation, and emotional intelligence into mainstream learning.
 - To create a strong, confident, and skilled workforce ready for tomorrow's challenges.
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Target Audience

- Students seeking confidence, communication, and clarity.
 - Professionals aiming to enhance workplace performance.
 - Educators and trainers adopting AI and modern teaching tools.
 - Women returning to the workforce seeking a confidence and career reboot.
 - Teens preparing for academic and emotional success.
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Program Categories

1. Personal Growth Series

Empowering individuals to build emotional intelligence, financial wisdom, and lasting happiness.

- **Science of Well-being (Eternal Happiness)** – The Science of Happiness: Living with Purpose and Positivity
 - **Growing Strong: Teen Edition** – Building Confidence & Clarity for Teens
 - **Money Management** – Smart Money Moves: Personal Finance Simplified
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2. Professional Skills Series

Developing essential 21st-century workplace competencies.

- **Soft Skills & Communication – The 4Cs**
(Critical Thinking, Creativity, Collaboration, Communication)
→ Mastering the 4Cs: Communication & Collaboration in the Modern Era
- **Interview Preparation**
→ Includes **Mock Interviews**, **Personalized Feedback**, and **Body Language Training**
- **Career Reboot: Women Edition**
→ Confidence, Skills & Comeback for women relaunching their careers

3. Innovation & Future Series

Preparing learners to embrace change, technology, and entrepreneurship.

- AI for Trainers
→ *Empowering Educators with AI* – Hands-on with tools like ChatGPT, Canva Magic Write, and more
- Entrepreneurship 101: From Idea to Launch
→ *Startup Bootcamp: Turning Ideas into Action*

Key Highlights

- Expert-led, practical learning sessions
- Activity-based modules and real-life simulations
- Personalized mentoring and progress tracking
- Inclusive programs for all age groups and professions
- Certification upon course completion

Why ITDC?

- Experienced facilitators & mentors
- Future-focused curriculum
- Career enhancement & confidence-building approach
- Strong commitment to lifelong learning

Courses Offered

1. Science of Well-being (Eternal Happiness)

Alternate Title: *The Science of Happiness: Living with Purpose and Positivity*

Duration Options: 4 Weeks / 6 Weeks

Certification: Certificate of Completion by ITDC

Eligibility: Open to all students, professionals, and individuals seeking balance and purpose

Learning Outcomes:

- Understand key principles of positive psychology and emotional wellness
- Practice gratitude journaling and mindfulness for stress management
- Build a purpose-driven lifestyle rooted in self-awareness and positivity
- Develop habits for emotional resilience and lasting happiness

2. Growing Strong: Teen Edition

Alternate Title: Building Confidence & Clarity for Teens

Duration Options: 6 Weeks / 8 Weeks

Certification: ITDC Certificate of Achievement

Eligibility: School and college students (ages 14–21)

Learning Outcomes:

- Strengthen self-esteem and emotional intelligence
- Manage peer pressure and digital/social media influences effectively
- Learn goal setting, communication, and decision-making skills
- Cultivate leadership, discipline, and focus through real-life examples

3. Money Management

Alternate Title: Smart Money Moves: Personal Finance Simplified

Duration Options: 4 Weeks / 6 Weeks

Certification: ITDC Certificate in Financial Literacy

Eligibility: Students, professionals, and homemakers (18 years & above)

Learning Outcomes:

- Learn budgeting, saving, and smart spending strategies
 - Understand digital payments, banking, and investment basics
 - Gain confidence in managing personal and family finances
 - Build financial discipline for long-term stability and independence
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4. Soft Skills & Communication – The 4Cs

Alternate Title: Mastering the 4Cs: Communication & Collaboration in the Modern Era

Duration Options: 6 Weeks / 8 Weeks

Certification: ITDC Certificate in Soft Skills Development

Eligibility: Students, professionals, and educators seeking career advancement

Learning Outcomes:

- Develop **Critical Thinking, Creativity, Collaboration, and Communication**
 - Enhance presentation, interpersonal, and public speaking skills
 - Participate in interactive simulations, team challenges, and confidence exercises
 - Learn effective problem-solving and workplace communication techniques
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5. Interview Preparation

Alternate Title: Ace Your Interview: From Confidence to Clarity

Duration Options: 4 Weeks / 6 Weeks

Certification: ITDC Certificate in Interview Mastery

Eligibility: Graduates and Postgraduates from any stream

Learning Outcomes:

- Learn to craft an impactful resume and introduce yourself professionally
 - Gain confidence through **mock interviews and personalized feedback**
 - Improve **body language, tone, and professional etiquette**
 - Understand interviewer psychology and question-handling techniques
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6. Career Reboot: Women Edition

Alternate Title: Career Reboot for Women: Confidence, Skills & Comeback

Duration Options: 6 Weeks / 8 Weeks

Certification: ITDC Certificate in Career Revival & Empowerment

Eligibility: Women professionals, homemakers, or returnees to work

Learning Outcomes:

- Build professional confidence and rediscover personal strengths
 - Learn **self-branding, time management, and digital literacy**
 - Gain insights on career transitions, networking, and goal setting
 - Promote financial and emotional independence for work-life balance
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7. AI for Trainers

Alternate Title: Empowering Educators with AI

Duration Options: 6 Weeks / 8 Weeks

Certification: ITDC Certificate in AI for Educators & Trainers

Eligibility: Teachers, professors, corporate trainers, and professionals in learning roles

Learning Outcomes:

- Explore AI-driven teaching tools like **ChatGPT, Canva Magic Write, and Gemini**
- Design interactive lessons and assessments using AI applications
- Improve content creation, feedback, and learner engagement through technology

- Stay future-ready with evolving AI innovations in education and training
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8. Entrepreneurship 101: From Idea to Launch

Alternate Title: Startup Bootcamp: Turning Ideas into Action

Duration Options: 8 Weeks / 10 Weeks

Certification: ITDC Certificate in Entrepreneurship & Innovation

Eligibility: Students, aspiring entrepreneurs, professionals, and freelancers

Learning Outcomes:

- Understand the complete startup process from ideation to execution
 - Learn to create a **business model, marketing strategy, and funding plan**
 - Study successful Indian startup case studies
 - Participate in a **mini business plan challenge** to pitch your own idea
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Program Benefits

- Expert trainers with industry and academic experience
 - Interactive workshops and practical simulations
 - Flexible schedules (Online + Offline)
 - Personalized feedback and progress tracking
 - Certification upon successful completion
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Join ITDC Today!

Unlock your true potential and prepare for the future of work & life.

Call/WhatsApp: 70090 30740

DM us to know more or enroll now!
ITDC – Learn. Evolve. Lead.