

## MY PERSONALITY, MY STRENGTHS

**ACTIVITY: SWOT Analysis Workshop**

**DATE: 15 April 2026**

**CONDUCTED FOR: Class VII-C**

A counselling workshop was conducted for Class 7C on the theme “**My Personality – SWOT Analysis**” to encourage self-exploration and personal growth. The interactive session provided students with an opportunity to reflect on their personalities and gain a deeper understanding of themselves.

During the activity, students identified their positive and negative personality traits while exploring their strengths, weaknesses, opportunities, and threats. The session encouraged them to think critically about their abilities, recognise areas for improvement, and appreciate the qualities that make them unique.

Students participated enthusiastically and shared their thoughts openly, demonstrating a commendable level of self-awareness and maturity. The workshop fostered honest reflection, helping students understand the importance of self-evaluation in personal development and goal setting.

The session proved to be a meaningful learning experience, empowering students to embrace their strengths, work on their challenges, and develop a positive approach towards continuous self-improvement.

