Engaging with people and development work requires the practitioner to have insights into oneself and as a worker. Working with people also mandates the use of self as a tool for change. Hence, this course helps the student to consciously reflect on oneself to enhance practice skills. The course helps the student to gain an enhanced understanding of self; sensitises to the value framework and the skills required in the interactions between the self and the other. The self is viewed as a composite whole of the physical, emotional, social, intellectual and consciousness.

The methodology is process oriented, with emphasis on self-reflection and awareness; and one’s own experiences through the journey of life.