

Discipline «Psychology of career and leadership»

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The discipline «Psychology of career and leadership» has **an aim** to form a system of knowledge about the career of the individual, to acquire practical skills of business communication; meeting the needs of the organization in qualified personnel and their effective use, taking into account the opportunities for self-realization of each employee, developing the ability to predict and control and resolve conflict situations in the process of building a career and becoming a leader.

Task of the course:

- integration and systematization of knowledge acquired in the learning process about the psychological prerequisites for quality improvement;
- mastering the knowledge of the psychological features of professional life and awareness of the laws of professional development and personal growth of future professionals;
- formation of professional thinking of students, their acquisition of experience in the creative use of psychological knowledge to solve specific problems of educational, professional and future activities;
- promoting professional self-determination and students' acquisition of professional identity through awareness of the psychological characteristics of the activity and the prerequisites for its mastery.

The discipline involves the study of the following topics: general characteristics of the psychology of career and leadership; methodological principles of career psychology as an academic discipline; personal orientation of professional activity and preparation for it; psychology of appearance and image; effective motivation; effective communication; psychology of the leader as a person; emotional intelligence of the leader; time management; self-management; stress management.

The course includes a detailed **practical block**: psychodiagnostic techniques, psychotechnics and training exercises that promote self-knowledge and better self-understanding of students, harmonization of self-esteem, interpersonal relationships in various spheres of life, personal growth and self-development.