

## SELF- REFINEMENT TRAINING

Self-refinement training has huge spectrum beneath it and summon forth the courage to handle hard blows of life. Self refinement focuses on spiritual development where the nourishment of the employees happens with the help of humanistic Tools. Psychologist and behaviorist have given their crucial time in developing perspective and theories in these areas. Refinement is universal but acceptance of the process undergoes huge variation. The self refinement is a process which leads to self healing.

### Life Long Learning

Lifelong learning comprises of activities which are undertaken throughout the life it's like a tarnish mirror the more we polish it the more it gets clear refined. Self Learning focuses on Competence self development moral reasoning.

Lifelong learning hinges around the entire cosmos from the pre-school years to retirement; it comprises both theoretical knowledge as well as practical skills, it encompasses the acquisition, improvement and extension, in whatever form, of skills of all descriptions. And it encompasses a plethora of activities that can be broken down into three broad categories:

**Formal learning:** any formal training courses or educational attainment at schools, universities and other educational establishments characterized by an established structure in terms of learning goals, duration and methods and which lead to a formal graduation or certificate.

**Non-formal learning:** learning outside educational establishments, frequently without certification, but with a specific intention e.g. playing an instrument, learning a foreign language, sporting activities, further education courses, training events.

**Informal learning:** incidental or casual experiences and acquisition of knowledge in everyday Life, such as for example intergenerational learning (parents learning how to use the computer From their children), practicing organization strategies in planning a party etc.

