

ACADEMY of LIFE

WE PREPARE YOU FOR LIFE.

HUMAN PSYCHOLOGY 101

understanding yourself & others.

8-9 AUGUST 2026

DAMAC COMPLEX — AL ABDALI, AMMAN

Education prepares you for exams.

WHO PREPARES YOU FOR LIFE?

DAY ONE

UNDERSTANDING HUMAN BEHAVIOR

WHY DO PEOPLE DO WHAT THEY DO?

We all see people differently.
We think differently.
We react differently.

But have you ever asked:

Why?

Why do people behave the way they do?
Why do we make certain decisions?
Why do first impressions affect us so strongly?
And how much do we truly understand ourselves?

During the first day, we explore:

WHAT IS PSYCHOLOGY?

understanding the mind behind behavior.

WHY ARE WE DIFFERENT?

our experiences shape the way we think, feel & act.

FIRST IMPRESSIONS

why people form opinions before they truly know us.

PERSONALITY & COMMUNICATION

understanding different personalities through DISC.

BODY LANGUAGE

what people communicate without saying a word.

THE POWER OF WHY

the question behind every thought, action & decision.

To understand people,

you must first learn to understand yourself.

DAY TWO

UNDERSTANDING YOURSELF & OTHERS

EMOTIONAL INTELLIGENCE

Understanding emotions.

Managing reactions.

Communicating with awareness.

Because intelligence is not only about what you know.

It is also about understanding

what you feel — and why.

During the second day, we explore:

SELF-AWARENESS

understanding your thoughts, emotions & behavior.

EMOTIONAL INTELLIGENCE

learning how emotions influence our decisions.

THE BATTLE BETWEEN

EMOTION & LOGIC

How do emotions affect the choices we make?

When should we listen to our feelings?

And when should we think before we react?

PUTTING IT ALL TOGETHER

Understanding psychology is not only knowledge.

It is a skill.

A skill that can help you:

- communicate better
- understand people
- build stronger relationships
- make better decisions
- understand yourself
- navigate life with awareness

Knowledge gives you answers.

UNDERSTANDING GIVES YOU DIRECTION.

WHAT COMES NEXT?

Psychology is only the beginning.

Understanding people can change the way you communicate, lead, sell, negotiate, and build relationships.

THE NEXT CHAPTER:

PSYCHOLOGY IN SALES & COMMUNICATION.

Coming soon.

A MOVEMENT

dedicated to understanding people and life.

ACADEMY of LIFE

WE PREPARE YOU FOR LIFE.

Day one

Time	Topic
12:00 – 12:15 PM	Welcome & Introduction Getting to know the Academy of Life & the purpose behind the program
12:15 – 12:35 PM	Icebreaker Activity Understanding how differently people think and see the world
12:35 – 12:55 PM	Education vs Life Skills What school teaches us vs what life requires from us
12:55 – 1:20 PM	What Is Psychology? Understanding the mind behind human behavior
1:20 – 2:00 PM	Why Are We Different? How experiences, beliefs, and environments shape the way we think, feel & act
2:00 – 2:15 PM	Break
2:15 – 2:55 PM	First Impressions & Human Perception Why people form opinions before they truly know us
2:55 – 3:30 PM	Personality & Communication Understanding different personalities through DISC
3:30 – 3:50 PM	Body Language What people communicate without saying a word
3:50 – 4:00 PM	The Power of Why + Day Reflection The question behind every thought, action & decision

Day two

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