



**INSIGNIA**  
COLLEGE



# PROFESSIONAL DEVELOPMENT



**Insignia College offers these Personal Development Programs**

**Success Strategies**  
**Employment Strategies**  
**Mindfulness and Meditation in the Workplace**

## PROGRAM COST

C. No	Course Name	Hours	Cost
P110	Success Strategies	20 (1.5 credits)	\$350
P120	Employment Strategies	20 (1.5 credits)	\$350
P190	Mindfulness and Meditation in the Workplace	4	\$799

## DURATION

**40 Hrs**



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