

# KNOW ABOUT YOURSELF AND OTHERS

## LMS GUIDE

*The Free Course Includes:*

- ✓ Video Lessons
- ✓ Personality Types Pocket Guides
- ✓ Understanding Reports
- ✓ 5-Step Model Booklets
- ✓ Introduction to Type Booklet

 **ONLINE  
RECOURSE**

**Presented by:**  
**Dr. Qamar ul Hassan**



# Know Yourself & Understand Your Loved Ones

## LMS GUIDE

## About the course

---

"Know About Yourself and Others" is a free introductory course designed to help you understand the basics of personality types. Created by personality type expert Dr. Qamar ul Hassan, this course offers foundational insights into identifying your own TYPE and appreciating the unique perspectives of those around you.

Through engaging lessons, you'll explore how personality types influence behavior, communication, and relationships. Perfect for anyone looking to deepen their self-awareness or improve their interactions, this course gives you the tools to foster stronger, more meaningful connections in all areas of life.

## Gains

---

- **Self-Awareness:**

Discover key aspects of your personality type to understand your strengths, preferences, and blind spots.

- **Improved Relationships:**

Learn to recognize and appreciate the personality traits of others, enhancing your ability to connect and communicate effectively.

- **Enhanced Communication Skills:**

Gain insights into how different personality types interact, helping you adapt your approach to resonate with others.

# Know Yourself & Understand Your Loved Ones

## LMS GUIDE

- **Conflict Resolution:**

Understand common personality-based misunderstandings and learn strategies to navigate them smoothly.

- **Foundation for Growth:**

Build a strong base of knowledge on personality types to support both personal and professional growth.

## What You'll Learn?

---

- **Introduction to Personality Types:**

Understand the basics of personality theory and why it matters.

- **Identifying Your Personality Type:**

Learn how to recognize your own traits and preferences.

- **Understanding Others:**

Discover how to interpret and appreciate the unique qualities of different personality types.

- **Effective Communication:**

Gain practical tips for communicating with people of various personality types.

- **Strengths and Blind Spots:**

Explore the strengths and challenges associated with each personality type to better understand yourself and others.

- **Building Meaningful Connections:**

Use personality insights to improve relationships in personal and professional settings.

# Know Yourself & Understand Your Loved Ones

## LMS GUIDE

### Resource Material

---

- **Video Lessons:**

Comprehensive and easy-to-follow videos that explain the foundations of personality types and practical ways to apply this knowledge in daily life.

- **Personality Types Pocket Guides:**

Handy guides for each personality type, summarizing key traits, strengths, and areas for growth—perfect for quick reference.

- **Understanding Reports:**

In-depth reports that provide a clear analysis of different personality types and how they interact, helping you navigate relationships more effectively.

- **5-Step Model Booklets (Urdu & English):**

Step-by-step booklets that walk you through Dr. Qamar ul Hassan's 5-Step Model for discovering personality types, available in both Urdu and English for ease of access.

- **Introduction to Type Booklet:**

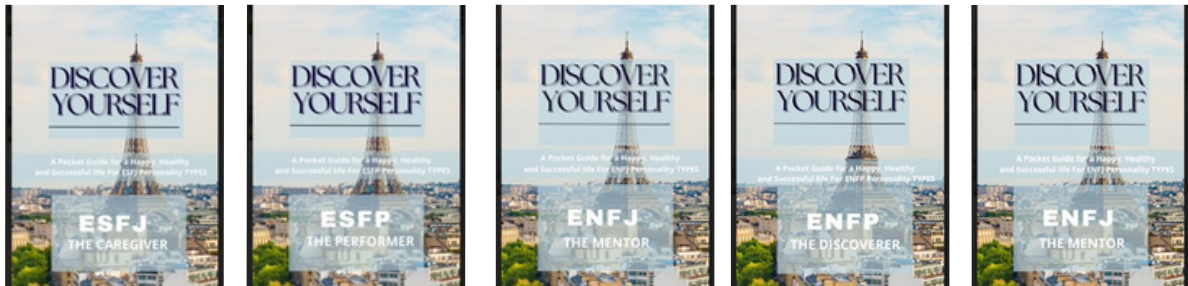
A beginner-friendly booklet introducing the basics of personality types, giving you a solid foundation to start your journey of self-discovery.

# Know Yourself & Understand Your Loved Ones

## LMS GUIDE

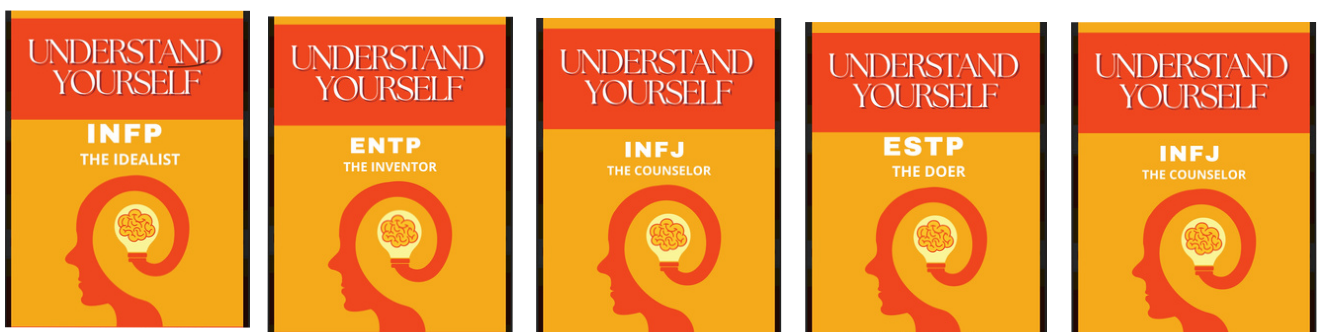
### Pocket Guides

These pocket guides are concise, easy-to-reference tools designed to give you practical insights into each personality type. Perfect for on-the-go access, these digital booklets provide key information at a glance, helping you understand different people



### Understand Reports

These understanding reports offer detailed insights into each of the 16 personality types, providing you with valuable knowledge about your unique TYPE and dynamics. Each report highlights core strengths, potential blind spots, and how these characteristics influence your behaviour.

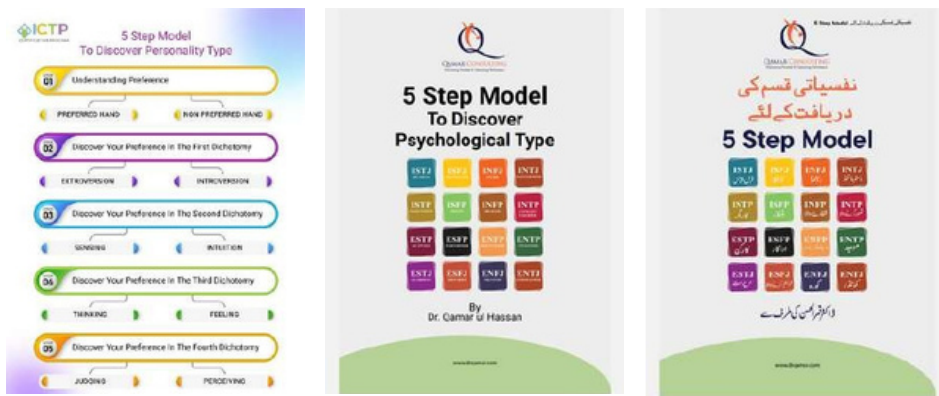


# Know Yourself & Understand Your Loved Ones

## LMS GUIDE

### 5 step model

Participants will be introduced to a comprehensive five-step model designed to help them understand both their own personality type and that of others in detail.



### Infographics

Participants will receive concise infographics outlining various personality types. These visuals will highlight each type's unique traits, strengths, and areas for development, fostering better understanding.



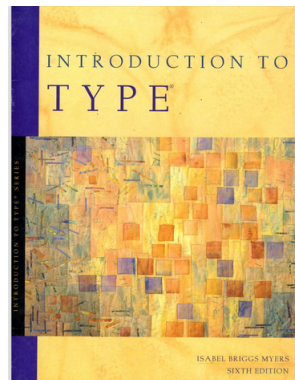
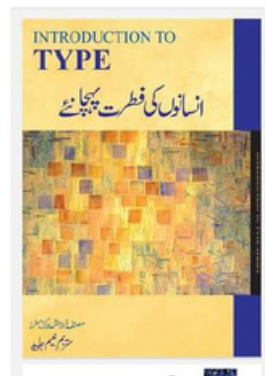


# Know Yourself & Understand Your Loved Ones

## LMS GUIDE

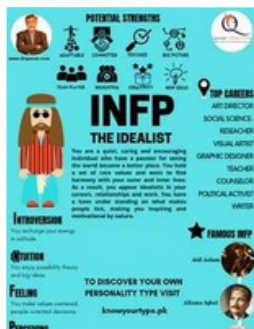
### Introduction to Type Books

These Introduction to Type reference books are essential resources for anyone looking to explore the core principles of personality types. They provide comprehensive yet easy-to-understand explanations of personality frameworks.



### Infographics

Participants will receive concise infographics outlining various personality types. These visuals will highlight each type's unique traits, strengths, and areas for development, fostering better understanding.



# Know Yourself & Understand Your Loved Ones

## LMS GUIDE

### 30+ Video Lesson

The free course "Know About Yourself and Others," led by Dr. Qamar ul Hassan, offers an engaging and practical approach to understanding personality dynamics. Each lesson explores core concepts, including identifying personality types, recognizing unique strengths and challenges, and understanding how these traits impact communication and relationships. Through this course, you'll gain insights that empower you to build deeper connections and navigate interactions with ease.





# Know Yourself & Understand Your Loved Ones

## LMS GUIDE

### 1 Chapter 1: Introduction to Personality

---

- **Lesson 1.1:**

Introduction to Type

- **Lesson 1.2:**

What is Personality?

- **Lesson 1.3:**

Significance of Carl Jung's Theory

- **Lesson 1.4:**

Type and Traits

- **Lesson 1.5:**

Why it is important to develop personality?

- **Lesson 1.6:**

How to develop personality?

- **Lesson 1.7:**

Introduction To Type(Urdu)

- **Lesson 1.8:**

Introduction To Type (English)

# Know Yourself & Understand Your Loved Ones

## LMS GUIDE

### **Chapter 2: Explanation of Personality Type by 2 Dr. Qamar ul Hassan**

---

- **Lesson 2.1:**

Importance Of Know Your Personality Type by Dr. Qamar ul Hassan

- **Lesson 2.2:**

How to Start the Journey of Self Discovery? by Dr. Qamar ul Hassan

- **Lesson 2.3:**

16 Personality Types - Find Your Personality MBTI  
Session By Qamar ul Hassan

### **3 Chapter 3: How to know you Personality Type (Podcast)**

---

- **Lesson 3.1:**

How To Know Yourself? MBTI Personality Types - QAS  
Podcast with Dr. Qamar ul Hassan

# Know Yourself & Understand Your Loved Ones

## LMS GUIDE

### **Chapter 4: 5 Step Model to discover Personality 4 Type by Dr. Qamar**

---

- **Lesson 4.1:**

Step Model Overview By Dr. Qamar

- **Lesson 4.2:**

5 Step Model PPTx

### **Chapter 5: 5 Step Model to discover Personality 5 Type in (English)**

---

- **Lesson 5.1:**

5 Step Model in Urdu

### **Chapter 6: 5 Step Model to discover Personality 6 Type in (English)**

---

- **Lesson 6.1:**

5 Step Model in English

### **7 Chapter 7: Step 1: Discover your Preference**

---

- **Lesson 7.1:**

STEP 1: Discover your Preference

# Know Yourself & Understand Your Loved Ones

## LMS GUIDE

### Chapter 8: Step 2: 1st Dichotomy

#### 8 (Extroversion/Introversion)

---

- **Lesson 8.1:**

1st Dichotomy (Extroversion/Introversion)

- **Lesson 8.2:**

Extroversion

- **Lesson 8.3:**

Introversion

#### 9 Chapter 9: Step 3: 2nd Dichotomy (Sensing/Intuition)

---

- **Lesson 9.1:**

2nd Dichotomy (Sensing/Intuition)

- **Lesson 9.2:**

Sensing

- **Lesson 9.3:**

Intuition

#### 10 Chapter 10: Step 4: 3rd Dichotomy (Thinking/Feeling)

---

- **Lesson 10.1:**

3rd Dichotomy (Thinking/Feeling)

- **Lesson 10.2:**

Thinking

- **Lesson 10.3:**

Feeling

# Know Yourself & Understand Your Loved Ones

## LMS GUIDE

### 11 Chapter 11: Step 5: 4th Dichotomy (Judging/Perceiving)

---

- **Lesson 11.1:**

4th Dichotomy (Judging/Perceiving)

- **Lesson 11.2:**

Judging

- **Lesson 11.3:**

Perceiving

### 12 Chapter 12: Know your self and Understand Others

---

- **Lesson 12.1:**

Personality Types - Find Your Personality MBTI

Session By Qamar ul Hassan

### 16 Personality Types

---

1.The Mentor > ENFJ

2. The Discoverer > ENFP

3. The Commander > ENTJ

4. The Inventor > ENTP

5. The Provider > ESFJ

6. The Performer > ESFP

7. The Provider > ESTJ

8. The Activist > ESTP

1.The Guide > INFJ

2.The Healer > INFP

3.The Mastermind > INTJ

4.Personality Type > INTP

5.13. The Protector > ISFJ

6.The Artist > ISFP

7. The Craftsman > ISTP

8.The Dutiful > ISTJ



COURSE 2024

# Know Yourself & Understand Your Loved Ones

LMS GUIDE



**People are not difficult they are different  
and are predictable**

# Thank You



<https://drqamar.com/>



DR MUHAMMAD  
QAMARUL HASSAN



+92 336 2221212