

Course Overview:

This training course will aim to encourage individuals to self-building and monitor their energy, attitude and priority in relation to their personal and organisational visions and goals.

Course Objective:

- Develop a greater sense of integrity and strength to accomplish goals
- Build a healthier self-concept to manage issues and events
- Develop strategy towards a greater time-task productivity
- Manage stress more effectively and efficiently

Course Outline:

- Gaining self-awareness
- The mind-body connection
- Managing your physical energy
- Understand the life stages of human development
- Understand and manage our behaviours
- Passive, aggressive and assertive behaviour
- Increasing Your Time-Task Productivity
- Improving decision making
- Overcoming decision fatigue
- Values-based motivations
- Developing empathic attunement
- Building trust and a culture of safety
- Achieving Cohesiveness in Self-Management

Who Should Attend:

- Team members
- Supervisors
- Management professionals
- Delegates of any sector of industry and/or business

Training Language:

Eng/Ar

Training Methodology:

- Presentation & Slides
- Audio Visual Aids
- Interactive Discussion
- Participatory Exercise
- Action Learning
- Class Activities
- Case Studies
- Workshops
- Simulation