Anderson
Executive Development Centre

Effective Self Management

Professional, Personal & Powerful Empowerment

Date	Venue	Fees
22 - 26 Jun 2020	Amsterdam	$5,950
14 - 18 Dec 2020	Kuala Lumpur	$5,950

*This fee is inclusive of Documentation, Lunch and Refreshments and exclusive of 5% UAE VAT

Training Course Overview

"You cannot manage others until you can manage yourself." Delegates evaluate and monitor their energy, attitude and priority in relation to their personal and organisational visions and goals. Individuals are empowered to become more effective in self-management and equip them with the knowledge and skills needed to optimise their performances which are essential for personal success and corporate accomplishment. Effective self-management develops the much needed disciplines that help bridge the gaps between goals and accomplishment. High achievers are people who have learned to effectively manage themselves, tapping on all resources available to motivate themselves toward the fulfillment of their fullest potentials.

Training Course Objectives

By attending this Anderson training course, delegates will be able to:

- 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
- Cultivate greater flexibility contributing toward an effective self-managed team

The Certificate

- Anderson Certificate of Completion will be provided to delegates who attend and complete the course.

Designed for

The Anderson training course is designed for anyone who desires to optimise the fulfilment of their goals to achieve greater sense of accomplishment and to those who desires to cultivate and incorporate best values in their work commitments. For example:

- Team members
- Supervisors
- Managers looking to achieve their full potential
- Management professionals
- Delegates of any sector of industry and/or business

Training Course Outline

Amongst a wide range of valuable topics, the following will be prioritised:

- Establishing personal vision and goals
- Identification of your emotional blind spot to reduce conflict and stress
- Optimising your health and energy to fulfil your goals
- Management of time through prioritisation
- Achieving a balance between work, family and rest
- Managing emotions, and develop empathic atonement to build strong relationships
- How to consolidate values, strengthen principles, and prioritise your goals
- Create the necessary disciplines to achieve success
- The power of motivation
- Maximising their full potential

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