



## Developing Personal Effectiveness with Positive Skills

Providing Modern Managers with the Expertise for Success

### ► Upcoming Sessions

29 Jul-02 Aug 2024	London - UK	\$5,950
14-18 Oct 2024	Geneva - Switzerland	\$5,950
25-29 Nov 2024	Dubai - UAE	\$5,950
20-24 Jan 2025	London - UK	\$5,950
07-11 Apr 2025	Dubai - UAE	\$5,950
16-20 Jun 2025	Amsterdam - The Netherlands	\$5,950
28 Jul-01 Aug 2025	London - UK	\$5,950
13-17 Oct 2025	Geneva - Switzerland	\$5,950
24-28 Nov 2025	Dubai - UAE	\$5,950

### ► Training Details

#### Training Course Overview

In this dynamic and fast-paced Anderson training course, delegates are encouraged to assess their personal style, professional behavior, and overall effectiveness across various aspects of their work. Beginning with an exploration of thinking patterns and self-perception, the course advances through the application of personal development theories and practices. Delegates will experience continuous benefits as they navigate the course content, acquiring knowledge and expertise to cultivate a diverse skill set. Emphasizing creativity and applied thinking, the course equips participants to enhance their effectiveness as managers and leaders in today's dynamic workplace.

#### Training Course Objectives

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

- Understand and develop personal and interpersonal effectiveness
- Identify ways to move from negative thought patterns to positive and motivating patterns
- Understand how to become more disciplined and personally effective
- Demonstrate the factors which may empower or disempower ourselves and others
- Understand how to release new drive and motivation in their lives and working environment

**Designed for**

**This Anderson training course is suitable for:**

- ▶ Delegates who want to achieve more through becoming more effective
- ▶ Managers who are being prepared for promotion or higher levels of responsibility
- ▶ Delegates who may be considering new projects or additional assignments
- ▶ Managers who are looking to refresh their skills when working with others
- ▶ Leaders who need to communicate vision more effectively for better results

► **Training Details**

**Day One: Post-Pandemic Critical Thinking**

- ▶ Skills for a shifting business environment post COVID-19
- ▶ Cognitive skills to support creativity
- ▶ Understanding conscious and subconscious thoughts
- ▶ Release your imaginative thinking
- ▶ Take control of a negative and positive thought patterns
- ▶ Becoming a 'Critical thinking' manager

**Day Two: Self-Image and Emotional Intelligence**

- ▶ Understand yourself and how you relate to others
- ▶ Develop emotional intelligence to underpin collaboration
- ▶ Raise your self-esteem in order to succeed
- ▶ How the human brain process events
- ▶ The power of choice and decision-making tools
- ▶ Developing authentic leadership qualities

**Day Three: Developing a Positive Attitude, Resilience and Adaptability**

- ▶ Understanding and adapting our attitude to situations
- ▶ Control behaviour and develop adaptability
- ▶ Maintain a positive attitude and learn from other achievers
- ▶ Understanding resilience and how to develop it
- ▶ Enjoy humour and positive relationships with others
- ▶ Develop a fresh perspective to the world of work

**Day Four: Boosting the Power of your Communication**

- ▶ The motivational power of words
- ▶ Improving your vocabulary
- ▶ Understanding how what you say may reveal your thought patterns
- ▶ How psychological needs influence workplace motivation
- ▶ Reciprocity gratitude and appreciation
- ▶ Manage your team more effectively by expressing appreciation

**Day Five: Maintaining Motivation in a High-Tech Business World**

- ▶ What motivates you and others?
- ▶ What happens when you are personally motivated?
- ▶ The key indicators for successful people
- ▶ How to be action orientated and proactive
- ▶ The key drivers for becoming more tech savvy
- ▶ A manager's skills matrix

► **The Certificate**

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

## ▶ INFO & IN-HOUSE SOLUTION

For more information about this course, call or email us at:

Call us: +971 4 365 8363

Email: [info@anderson.ae](mailto:info@anderson.ae)

Request for a Tailor-made training and educational experience for your organization now:

Email: [inhouse@anderson.ae](mailto:inhouse@anderson.ae)

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