



## Effective Self-Management

Professional, Personal & Powerful Empowerment

### ► Upcoming Sessions

09-13 Sep 2024	Dubai - UAE	\$5,950
18-22 Nov 2024	Dubai - UAE	\$5,950
17-21 Feb 2025	Dubai - UAE	\$5,950
28 Apr-02 May 2025	London - UK	\$5,950
07-11 Jul 2025	London - UK	\$5,950
08-12 Sep 2025	Dubai - UAE	\$5,950
17-21 Nov 2025	Dubai - UAE	\$5,950

### ► Training Details

#### Training Course Overview

"Effective management of others begins with mastering self-management." Delegates assess and monitor their energy, attitude, and priorities in alignment with personal and organizational visions and goals. This empowerment enables individuals to enhance their self-management skills, equipping them with the necessary knowledge and abilities to optimize performance crucial for personal success and corporate achievement. Effective self-management cultivates essential disciplines that bridge the gap between goals and accomplishments. High achievers leverage self-management to harness all available resources, motivating themselves to realize 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

#### 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 Details

### Day One: The Essentials of Self-Integrity

- ▶ Gaining self-awareness
- ▶ The mind-body connection
- ▶ Managing your physical energy
- ▶ The brain-heart-gut connection
- ▶ Cultivating good personal habits
- ▶ Understand your learning style

### Day Two: Towards a Better Self-Concept

- ▶ Understand the life stages of human development
- ▶ Understand and manage our behaviours
- ▶ Passive, aggressive and assertive behaviour
- ▶ Filters of experience
- ▶ Basic principles of life
- ▶ How to revitalise yourself from within

### Day Three: Increasing Your Time-Task Productivity

- ▶ Setting priorities
- ▶ Time management techniques
- ▶ Improving decision making
- ▶ Overcoming decision fatigue
- ▶ Values-based motivations
- ▶ Building an internal locus of control

### Day Four: Leading with Ease and Competency

- ▶ Developing empathic attunement
- ▶ Building trust and a culture of safety
- ▶ Capitalizing stress in the workplace
- ▶ Stress defusing techniques
- ▶ Getting people behind your ideas

### Day Five: Achieving Cohesiveness in Self-Management

- ▶ Highly motivated self-managed team
- ▶ Achieving high performance with cultural agility
- ▶ Resolving conflicts effectively
- ▶ Making impact with appropriate leadership styles
- ▶ Weapons of influence
- ▶ Action plan

## ▶ 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:

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