



## Unleashing the Power of Workplace Psychology

Enhancing the Work Experience to Enhance Performance and Drive Organisational Success

### ► Upcoming Sessions

20-24 May 2024	Dubai - UAE	\$5,950
11-15 Nov 2024	Dubai - UAE	\$5,950

### ► Training Details

#### Training Course Overview

It's well known that people join organisation and leave managers. It isn't always the manager's fault that they don't know how to get the best from their people as the so-called 'soft skills' are rarely considered essential. With so many critical discoveries in social science, human psychology and neuroscience, there is no excuse for not exploring what managers can do to ensure that their people contribute to both organisational success and personal success. People at work want meaningful and satisfying work which uses their skills, experience and abilities but they can only achieve this if the way work is organised and managed is built on an application of work based psychology. This Anderson training course will provide delegates with the essential knowledge and skills.

#### Training Course Objectives

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

- An understanding of key concepts of human psychology in the workplace
- A recognition that people don't need or want managing
- Development of the critical skills in behaviour modification to ensure team and individual performance
- A commitment to develop people to their optimum capability
- Personal understanding of their own perception and bias in managing themselves and others

#### Designed For

**This Anderson training course is designed for anyone who desires to learn or refresh their:**

- Human Resource Professionals at middle management level wishing to progress
- Senior Managers who wish to consolidate, refresh and reinforce their knowledge and skills
- Learning & Development Specialists
- Fast Track Managers
- It will be ideal for delegates who are intending to move into Senior Management

### ► Training Details

## Day One: Origins and Theory of Personality

- ▶ What is Personality
- ▶ Theories of Personality Development
- ▶ Nature v Nurture
- ▶ Personality Traits
- ▶ Behaviour
- ▶ Psychometric Measuring

## Day Two: Influence of Perception and Bias

- ▶ What is Perception
- ▶ Personal Constructs of the World
- ▶ Bias and Prejudice
- ▶ Analysing Gut Instinct
- ▶ Confirmation Bias
- ▶ Open Mindedness

## Day Three: Interpersonal Interactions

- ▶ Emotional Intelligence
- ▶ Social Styles
- ▶ Transactional Analysis
- ▶ Persuasion and Influencing
- ▶ Working with Opposites
- ▶ Handling Strong Negative Emotions

## Day Four: Motivation

- ▶ Defining Motivation
- ▶ Theories of Motivation
- ▶ Positive and Negative Motivation
- ▶ Strength of Motivation
- ▶ Motivating Others
- ▶ Self-Motivation

## Day Five: Applying Psychology to the Workplace

- ▶ Enhancing Performance Management
- ▶ Engagement & Commitment
- ▶ Better Leadership & Management
- ▶ Succession Planning & Talent Management
- ▶ Stress Management

## ▶ Accreditation



The use of this official seal confirms that this Activity has met HR Certification Institute's® (HRCI®) criteria for recertification credit pre-approval.

## ▶ The Certificate

- ▶ Anderson Certificate of Completion will be provided to delegates who attend and complete the course
- ▶ The HRCI Approved Provider Seal and the corresponding Recertification Credit Hours Awarded will be reflected on the Certificate of Completion

## ▶ 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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