



## The Neuroscience of Leadership & Performance

Developing Leadership Excellence

### ► Upcoming Sessions

13-17 May 2024	Dubai - UAE	\$5,950
02-06 Sep 2024	Dubai - UAE	\$5,950
16-20 Dec 2024	Dubai - UAE	\$5,950

### ► Training Details

#### Training Course Overview

This highly interactive Anderson leadership training course will equip you to be an excellent leader who harnesses the latest scientific knowledge of neuroscience of leadership and performance to lead your team. You will gain the latest leadership insights to develop a top performing team through the use of neuroscience, emotional excellence and a holistic model of the employee. Delegates will learn how to apply neuroscience to result in a top performance team.

#### Training Course Objectives

**By attending this Anderson training course, delegates will be able to make a substantial, positive impact on the leadership best practices within their organization, more specifically:**

- Understand best practices in applying neuroscience of leadership
- Provide the leadership expertise to result in top performance
- Implement the state of the art neuroscience applications for motivating and managing your team
- Discuss and learn the art & science of neuroscience discoveries for leadership
- Develop an action plan to implement excellent leadership practices

#### Designed For

**This Anderson training course is suitable for a wide range of professionals but will greatly benefit:**

- Team leaders
- Supervisors
- Managers
- Senior managers
- Board level executives and non-executives

### ► Training Details

## Day One: Neurology of Thought

- ▶ Self-awareness - Knowing yourself
- ▶ Understanding your thought process
- ▶ Emotions and their signs
- ▶ Working towards emotional regulation
- ▶ ABCs of optimism
- ▶ Develop successful leadership styles

## Day Two: Harnessing the Brain Advantage

- ▶ Neuroscience and leadership
- ▶ How a leader's brain works
- ▶ The science behind gut feelings
- ▶ Ways to thoughtfully respond to others
- ▶ Importance of trust development
- ▶ Neuroscience of trust

## Day Three: The Creative Brain

- ▶ Understanding convergent and divergent thinking
- ▶ Left brain versus right brain
- ▶ Building a creative environment
- ▶ Impact of creativity and innovation in business
- ▶ Creative techniques
- ▶ Brainstorming solutions

## Day Four: Boosting Leadership Performance

- ▶ Understanding performance
- ▶ Motivation and the brain
- ▶ Importance of physical exercise for performance
- ▶ Brain training exercises
- ▶ Giving performance feedback
- ▶ How to accept criticism

## Day Five: Neuroleadership

- ▶ How to develop leadership excellence
- ▶ Making the transition to a leadership role
- ▶ Giving effective instructions
- ▶ Managing challenging situations
- ▶ Time management tips
- ▶ Developing an 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:

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



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