



The Neuroscience of Leadership & Performance

Developing Leadership Excellence

► Upcoming Sessions

17-21 Jun 2024	Online	\$3,950
----------------	--------	---------

► Training Details

Online Training Course Overview

This online Anderson Neuroscience of Leadership and Performance training course expounds current research on how we can increase our critical thinking skills and even intelligence. Previous genetic theories say that “leaders are born, not made”, however neuroscience shows that we can continue to adapt, learn and improve irrespective of age and genetics.

You will gain the latest neuroscience insights to develop a successful leadership style and the ability to regulate the mind’s thought processes. Knowing how to tap into the brain’s power brings a competitive edge, develops leadership excellence and positive relationships with employees.

Online Training Course Objectives

By the end of this training course, participants will be able to:

- Practice self-awareness and self-regulation
- Apply neuroscience for leadership
- Gain insights into the neuroscience of motivating the team
- Use neuroscience to solve problems creatively
- Develop an action plan for leadership excellence

Designed For

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

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

Learning Methods

This online training course will utilise a variety of proven online learning techniques to ensure maximum understanding, comprehension, and retention of the information presented. Interactive quizzes will be used to ensure participative teaching and learning during this online course.

► 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

► Preview

10:30 - 11:00	:	Welcome, Setup, Registration
11:00 - 12:30	:	First Session
12:30 - 12:45	:	Break (15 minutes)
12:45 - 14:15	:	Second Session
14:15 - 14:30	:	Break (15 minutes)
14:30 - 16:00	:	Third Session

► The Certificate

An Anderson e-Certificate for delegates who attend and complete the online training 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

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

Email: inhouse@anderson.ae

Anderson
Executive Development Centre

P.O Box 74589, Dubai, United Arab Emirates

Web: www.anderson.ae

Email: info@anderson.ae

Phone: +971 4 365 8363

Fax: +971 4 360 4759

©2024. Material published by Anderson shown here is copyrighted.

All rights reserved. Any unauthorized copying, distribution, use, dissemination, downloading, storing (in any medium), transmission, reproduction or reliance in whole or any part of this course outline is prohibited and will constitute an infringement of copyright.