



## Building an Agile Mindset and Being Agile in the Workplace

Achieving Effective Results With An Agile Mindset

### ► Upcoming Sessions

20-24 May 2024	London - UK	\$5,950
24-28 Jun 2024	Barcelona - Spain	\$5,950
12-16 Aug 2024	London - UK	\$5,950
21-25 Oct 2024	Amsterdam - The Netherlands	\$5,950
18-22 Nov 2024	Dubai - UAE	\$5,950
03-07 Feb 2025	Dubai - UAE	\$5,950

### ► Training Details

#### Training Course Overview

The only constant is change and we often feel under pressure to keep up in this disruptive workplace where cost-cutting and scarcity of resources are the new norm. We are challenged on a personal level, as well as in our careers, to manage conflicting priorities and maintain a work-life balance. It is not always easy to stay motivated during setbacks, negative feedback and delayed projects. The competitor landscape is intense with internal stakeholders and customers demanding higher quality and quicker turn-around times.

This popular Anderson training course will support you to develop a change in mindset and attitude to manage your tasks proactively, meet deadlines and team objectives. You will be inspired and motivated to build positive relationships and to make continuous effort to learn and improve your skills for career satisfaction, active engagement and sustainable success!

#### Training Course Objectives

**By the end of this Anderson training course, you will be able to:**

- Understand the agile mindset and how it is used to grow
- Apply agile behaviours in your everyday tasks
- Identify your own weaknesses and to use feedback for personal transformation
- Effectively utilize the tools to inform and influence organizational agility
- Identify key stakeholders and how to build relationships that support agility
- Motivate and engage employees to face challenges with positivity and dedication

#### Designed For

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

- ▶ Professionals who want to improve cross-functional collaboration
- ▶ Department heads, supervisors and managers leading others
- ▶ Professionals who have an interest in a leadership position
- ▶ Anyone who wants to achieve personal growth and learn new skills
- ▶ Decision makers who manage challenging tasks and strict deadlines
- ▶ Professionals who want to gain a competitive advantage in their career or industry

## Learning Methods

To enhance learning we utilize proven adult learning technology and methods that will result in maximum retention and application. This includes interactive and experiential learning activities, presentations, discussion, assessments, videos, team practice exercises and case studies.

## ▶ Training Details

### Day One: Agility as a Concept

- ▶ Definition of “agility”
- ▶ Definition of a “mindset”
- ▶ The difference between being agile and doing agile
- ▶ The history of doing agile
- ▶ The benefits of being agile

### Day Two: Personal Agility

- ▶ How agile are you
- ▶ What are your core beliefs?
- ▶ Characteristics of a fixed mindset
- ▶ Characteristics of a growth mindset
- ▶ Practical examples, case studies and role-play

### Day Three: Organisational Agility - Part I

- ▶ What is an agile organisation?
- ▶ What is holding organisations back
- ▶ What are the risks of being agile?
- ▶ The path to organizational agility
- ▶ Practical examples, case studies and brain storming

### Day Four: Organisational Agility - Part II

- ▶ Different ways in which to be agile
- ▶ Identifying opportunities for organizational growth
- ▶ How and why traditional projects fail
- ▶ Organisational barriers and how to overcome them
- ▶ How can agile behaviours be demonstrated
- ▶ Practical examples, case studies and brain storming

### Day Five: Be an Agile Leader

- ▶ Raising self-awareness: analyze past behaviours
- ▶ What is holding you back
- ▶ How do you break through?
- ▶ Characteristics of an agile leader
- ▶ Personal development plan
- ▶ Being part of the agile movement

## ▶ 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)

**Anderson**  
Executive Development Centre

P.O Box 74589, Dubai, United Arab Emirates

**Web:** [www.anderson.ae](http://www.anderson.ae)

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