



ONE-DAY WORKSHOP

PERSONAL EFFECTIVENESS

Overview

This session is a module for embedding a “can do” attitude within teams and individuals in order to take ownership to deliver positive outcomes, improve personal resilience, and embedding a mindset of change management and priority setting for Members in order to deliver positive outcomes through change.

The session will focus on:

- Change management tools and techniques to embed skills and knowledge
- Using interactive exercises and group discussion, participants will be able to focus on their own priorities and develop action plans for their development
- Introducing the concept of Leading and working in VUCA (Volatility, Uncertainty, Complexity and Ambiguity) times, and its origins. The session explores the impact of VUCA on the workplace and the challenge for traditional leadership methods and structures
- Resilient individuals – what are the characteristics of a resilient individual? Recognising the person’s own resilient characteristics and strengths to build on to become more resilient
- Goal setting – learn the importance of goal-setting and setting some realistic and appropriate goals to improve the both the team and individual’s personal resilience
- Influence and Optimism – how to demonstrate an optimistic style, and skills and habits to recognise and develop
- The Five-a-Day of Well-being – developing good habits to sustain resilience in difficult times
- The circle of influence
- Effective use of strengths
- The importance of networking
- How to have a “can do” mind-set

By the end of this training module delegates will be able to:

- Focus on their own priorities and develop action plans for their development
- Support organisational change
- Positively affect change

Facilitator

David Leask, Consultant, NEREO.

Further Details

For further information, or to book an event, please contact Maureen O’Keefe on 0191 2495874 or email mokeefe@nereo.gov.uk