

Personal Growth & Self-Awareness

Skills Programme (4 days)



THE HUMAN EQUATION

Introduction

“The first order of things to be changed is me, the leader. After I consider how hard it is to change myself, then I will understand the challenge of trying to change others.” John C Maxwell

Programme/Learning Outcomes * Competence Elements

Upon completion, learner will be capable of:

- Identifying areas of vulnerability and restrictions in the workplace and the impact that such have on performance and quality of life
- Determining temperament and the impact it has when leading and influencing others
- Demonstrating knowledge & understanding the impact that negative thought patterns have on performance, relationships with others, self-image and stress condition
- Eliminating negative belief patterns and conditioning
- Improving performance by increasing individual contribution through the application of self-management tools and processes
- Advancing career by identifying inherent strengths and means to achieve career and personal goals
- Developing self-mastery as a platform for actualizing own potential by increasing your positive intelligence quotient
- Solving personal and career related problems through the application of life coaching models
- Delivering Results
- Working with People

Programme Structure

- The sources of self-limitation
- The process of creating internal representations, paradigms and habits
- Analysing the influence the unlimited subconscious mind has on life and career
- The power of thought; identify and eliminate toxic thought and belief patterns
- Behavioural Kinesiology
- Removing negative emotional and career limiting constructs
- Stress Management
- Creating a Personal Ambition Scorecard
- Manage condition based thinking

Who should attend?

This programme is suitable for all employees who want to maximize their growth and potential

Mode of Delivery

- Lecture contact time and Video analysis and workplace application
- Self-assessment activities, group and individual interaction sessions

Other information

(Optional) Submission of Portfolio of Evidence

