



PREFERRED TRAINING
NETWORKS

SELF DEVELOPMENT AND KNOWING YOURSELF

"Know thyself" - Socrates

This self-development course provides participants with the tools and strategies needed to take control of their personal growth. Through interactive sessions and activities, participants will learn how to identify and set clear goals, develop a positive mindset, increase motivation and improve focus. A variety of techniques for managing stress, improving communication and building resilience will also be covered. Additionally, participants will develop a personalized action plan tailored to their individual needs, sparking greater self-awareness and making meaningful progress toward life and career goals.

Key Course Content:

- Create a self-development plan.
- Understand the crucial difference between aspirations and self-development ambitions.
- Set personal and professional goals - Create SMART goals.
- Reward your success to motivate you further.
- Break down any communication silos at the workplace and within your personal life.
- Understand the benefits of 'actively listening' and 'questioning' skills.
- Communicate effectively with different generations, cultures and personalities.
- Explore individual decision making processes.
- Make decisions proactively.
- Be creative and innovative in solving problems.
- Deal with fear and criticism.



Target Audience:

The course can be tailored for the specific cohort whether it be the leadership team, another group of managers/team leaders or employees.



Duration:

This course is available as a 1-day course or a truncated half-day course.



Delivery:

This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisations.



Group Size:

We recommend a group size of 4-10 people.

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