

# Brilliant & Resilient Managers

## Course summary

This comprehensive set of workshops has been designed for Team Leaders and Managers to acquire the foundational skills essential to become highly effective leaders in an organisation.



## Results

Delegates will:

- Gain a better understanding of themselves, their values and how they align to the role and expectations of a Line Manager within the organisation
- Develop a greater sense of self-awareness and emotional intelligence and understand how to use these on the job
- Be better equipped to manage their team and to build relationships easily
- Further develop themselves personally and professionally, through feedback and reflection, to perform effectively within the organisation and to deal with change and challenging situations

## Overview

The workshop is broken down into three areas of exploration: Self, Team and Organisation.

The first rule of an effective manager is to know yourself. Therefore, we start this course with self-exploration looking at blind spots, strengths, weaknesses and a wide range of leadership skills.

The aim of strong leadership is to recognise that people are your greatest assets and, therefore, to assist members of the team to achieve their personal best. Team exploration looks at what the team needs to do better or differently and examines what the manager can do to facilitate these changes.

Finally, we explore the role you play within the wider organisation and the positive impact you can have as a manager. In today's environment if you are standing still, you are falling behind so making the right decisions at the right time is critical.

## Key topics

Expectations of a Manager  
Values and Behaviours (Bespoke)  
Personal Proficiency  
Communication  
Managing Change  
Resolving Conflict  
Coaching  
Developing & Motivating People  
Managing Individuals & Teams  
Delegating  
Influencing  
Managing Priorities  
Performance Management

## Who should attend

All Managers & Team Leaders

## Duration

This is a flexible course that is modularised to enable you to select the topics most relevant to your company's needs.

The full training runs for 4 days from 09:30 – 17:00. Each day is spaced one month apart from the last to allow time for implementation, practise and reflection.

We aim to make the structure as flexible as possible, so half-day alternatives are available. Also, depending on the selection of modules, the course can be anything from 2 to 4 days long.

If you wish to include our 'Circus of Life' and 'The Best of You' workshops then this can be extended to 6 days.

**For more information on individual modules or to book please contact Resilient Me**