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Managing Self

Workshop Outcomes

To evaluate those elements that are important to an individuals well being and to develop strategies that create health.

Audience

All staff; especially those who need to take stock and find a healthy balance in their lives.

Content

- Values
- Roles and Expectations
- Fitness
- Health
- Support Networks
- Career Pathing
- Career Performance Analysis
- Skills and Attributes
- Action Planning
- Goal Setting

Process

A high participant involvement programme that can change lives! During the programme participants undertake a number of self-assessment activities that culminate in the development of an individual personal development plan covering all aspects of the whole person.

Duration:

2 days

Venue:

One large training room