

# Managing People as People



*There's nothing like good leadership; and often what we experience is nothing like good leadership!*

<b>Duration:</b>	1 Day
<b>Participants:</b>	Min 8 - Max 12 persons
<b>Price:</b>	£125 per participant plus VAT
<b>Suitable for:</b>	Leaders and Managers

## **Overview:**

This is a Development Day that asks participants to look inwards as well as outwards because self-awareness is at the heart of all development work. So we look at the relationship between pressure and stress. When does one become the other and what do we do with stress? We develop an appreciation of common triggers and learn how to identify and manage them.

We discover some of the hidden emotional patterns in ourselves and others that may influence our own responses as leaders. We develop an awareness of emotional intelligence, recognise the benefits and we understand how to use emotion to facilitate thought and behaviour.

We develop an understanding of the concept of Resilience, have an awareness of the traits that predispose a person to being resilient, have an awareness of which of these you may have in abundance and which you may need to build upon and strengthen.

We consider the role of Mindfulness in processing our experiences and helping us to be more present to situations, whether at work or at home.

Managing People as People is led by experienced facilitators and shaped around the particular needs and circumstances of the organisation and audience.

## **Benefits:**

By the end of this Development Day you will have leaders and managers able to:

- A better understanding of stress and how to handle it.
- Insights into the emotional patterns that underlie work behaviour.
- Clearer insights into the value of emotional intelligence in leadership.
- Practical understanding of the benefits of Resilience in managing people.
- Practical understanding of the benefits of Mindfulness in managing people.