



## Personal Strategy: Core Level Programme

This course is for those business leaders who want to develop an insight, knowledge and understanding needed to achieve their personal goals. It is specifically for leaders at any stage of their business from pre start to growth through to exit planning decisions and any business leader at a career crossroads to help them create or develop a strategy that works for their circumstances.

We will explore key principles of personal resilience, communication skills and emotional intelligence to choose your personal strategy and developing systems to action plan, review your progress and implement change.

### **1-day face to face course including planning resources.**

This day contains 4 learning outcomes which will support you to:

- Be able to understand the components of a successful personal strategy
- Be able to effectively recognise your issues and barriers
- Be able to develop skills in self awareness and motivation insight
- Be able to develop your people skills to achieve your goals

The course includes a mixture of trainer led resources, discussions, self-assessment and breakout sessions to bring the theory to life for you.

Once you have completed the course, you will be able to:

- Understand the difference between personal strategy and business strategy
- Understand key best practice for communication skills that aligns to your needs
- Be able to build your emotional intelligence with developing positive relationships and avoiding stress
- Apply appropriate self-analysis techniques to understand your own resilience style and strengths
- Create and develop an effective professional networking plan
- Identify your key purpose and translate to priorities and actions
- Understand the impact and tools of confidence and relate it to your circumstances
- Identify future development activities to continually improve yourself