

Management Essentials: Leading Change & Motivating your Team

Trainer: Shaun Young, www.shaunyoungtraining.com

Duration: 1 day

Who is it for?

Staff in academic and professional roles who are responsible for leading and implementing change in their teams/departments and would like some practical tips and insight.

We all work in times of constant change. For managers this can bring additional challenges as they lead their teams through this process. This workshop will provide managers with practical tools and skills to overcome resistance and embed change in their team. This session will be led by Shaun Young who, as a psychologist, will bring his unique insight into how to achieve positive behavioural change.

Participants can expect to learn:

- to examine beliefs and assumptions about change
- to understand resistance to change
- how to recognise and understand habitual behavioural patterns
- to explore methods for positively engaging others in change
- how to be an emotionally intelligent leader, and how to manage teams
- how to empower and motivate teams.

This is day 2 of the Management Essentials programme. If you would like to attend Day One: Leadership and Managing Performance you will need to book separately.

Programme

- Understanding resistance to change
 - Models & theories explored
- How to deal with resistance
 - Practical skills, techniques & tips
 - Introduction to transactional analysis
- *Lunch*
- Emotional Intelligent Manager
 - How to develop emotional resilience in yourself and your team
 - Beliefs and reappraisal
- The science of motivation
 - Empowering your team
- Evaluation
- **Close**