

## **Principles of Self Management Winners Act On Their Own Authority For Leaders, Managers & Employees**

### **Overview**

Self Management is the number one competency of all successful people. This program will help individuals become effective self managers of their careers, family, health and relationships. The focus of the program will be to help individuals maximize on the job performance and ensure personal and professional growth. This program will maximize the productivity and overall effectiveness of the human capital within an organization.

### **Benefits**

- Improved individual performance and increased results
- Enhanced levels of self confidence
- Improvements in attitudes and morale
- Individuals who are fully accountable and responsible for making and keeping commitments
- The development of high effort performers within a strong performance culture

### **Outcomes**

- Develop a day-to-day system for self management
- Avoid slumps
- Learn techniques for the maintenance and development of self confidence
- Learn to make and keep self-commitments
- Develop a psychological time management system
- Learn how to make decisions and build habits
- Learn to self coach
- Maximize the Return On Investment (ROI) of commitment/energy
- Enhance personal and professional well being

One of the major outcomes of this program is to create maintenance free individuals. As one participant stated, "I enjoy self managers. They motivate each other; they're basically optimistic positive thinkers. They are maintenance free individuals: employees I don't have to worry about day after day. We need and must have that kind of employee."

### **Pre-Course Recommendations**

- Complete "Career Directions" profile
- Read "Principles of Self Management" book

### **Available**

- 3 formats: facilitated workshops, train the trainer, e-learning
- Modular design in 1/2, 1, and 2 day programs