

Psychology for Managers

This programme is designed for directors, managers and leaders of all branches who want to broaden their skills and get an overview of new approaches in the management of people, and who are interested in the psychological aspects of their influence on their subordinates/colleagues.

By completing the programme, you will broaden your knowledge of psychology and work with the human factor, and learn how to use it in practice. The programme provides real-world scenarios and diagnostic tests to learn about one's own personality. As a result, you will reduce your stress, frustration, and the total load of your managerial work.

Programme Objectives

- Getting a preview of your own managerial performance.
- Active and purposeful shaping of an individual leadership style.
- Broadening self-discovery and influencing the perceived personal effectiveness in managing people.
- Developing your leadership skills.
- Improving your negotiation and communication skills when dealing with different types of personalities.
- Practicing solutions to conflict situations.
- Reducing your stress and frustration.

Programme Participants

- Directors
- Managers
- Leaders

Scope of the Programme

- 2 days

Why participate in this programme?

- Under the guidance of an experienced trainer with therapeutic qualification, you will get to know your own personality better and learn how to overcome your inner barriers – how to succeed in a difficult situation and turn it to your advantage.
- You will learn to analyze your subordinates/colleagues and to choose appropriate communication tactics before and during the negotiation – learn how to train and improve during the "match".
- You will prepare yourself for a specific negotiation with your subordinates/colleagues – you will improve your technique and strategy.

Programme Organization and Structure

Programme Structure

- The psychology of leadership.
- Do you help, negotiate, solve or lead?
- “What to do with it?” – a manager and frustration.
- Stress management and prevention of the
- “burnout” syndrome.

Programme Organization

Title	Date	Venue
Psychology for Managers	13 - 14 June 2017	Parkhotel Benice