

Personal Development

Like an organisation, an individual who is not continuously developing is going backwards. This course focuses on the development of your skills, knowledge and attitude. It will help participants identify their strengths and weaknesses with a view to implementing a training/development programme.

The aim of this course is to make participants more effective within their specific area of responsibility and to give them a starting point from which to drive forward their development plans.

course details

Course Duration

One Day

Course Cost

£950

Maximum Delegates

This course is designed for up to 10 delegates

Training Location

Training can be run at any venue

Participant Profile

This course is aimed at:

- Those wishing to develop their skills, knowledge and attitude

Key Topics

Participants will cover:

- Self assessment
- SWOT Analysis and KSA
- Work/career goals
- The learning cycle and learning styles
- Motivation
- Success factors

Course Benefits

On completion of this course, participants will understand:

- How to identify your own development needs
- How to produce and manage a personal development plan
- The importance of personal development
- Different learning styles and how to apply them

client testimonial



I will be looking for further training opportunities with t2. I really enjoyed all of the hands on exercises. Excellently run, with no issues at all.

Vicci Haud, **Paradigm**

You may also be interested in...

Motivating Yourself and Others

Designed to give participants the practical skills to improve confidence and self esteem and the ability to motivate even the most difficult person over time and in every situation.

Managing Stress

Designed to enable participants to understand and identify stressors, recognise the impact of stress in the workplace and act positively when managing stress.