



Improve and refresh your personal self.

Regardless of your experience or seniority, performing to your potential requires you to continually acquire new skills and refresh existing ones. These skills and capabilities include: self-awareness; emotional intelligence, personal resilience, creative problem-solving and decision-making; dealing with change; personal branding; networking and mentoring. Through our Professional Development Suite, we offer short courses to support your personal growth and professional development.

Topic 1
EMOTIONAL INTELLIGENCE THROUGH SELF-AWARENESS



Making a positive impression on another person is difficult if we feel nervous, anxious, hesitant, preoccupied or angry. By recognising and understanding our thoughts, feelings and emotions, we can respond in a calm, rational and self-confident way. In this workshop, we will build on our emotional intelligence by exploring: self-awareness; self-regulation; social awareness; social skills; self-control; and seeking feedback.

Topic 2
PERSONAL BRANDING



The Personal Branding workshop helps you develop an understanding of what makes a powerful and authentic personal brand. You will identify your strengths, your values and your unique superpowers, allowing you to build a stronger personal brand, and to stand out and strengthen your professional reputation.

Topic 3
PERSONAL RESILIENCE



Resilience is adaptability in the face of adversity, trauma, tragedy, threats or stressful experiences. Resilient people spend their time and energy focusing on situations and events that they have control over. In this workshop, we will explore the components of a resilience model and create an action plan to build your resilience.

Topic 4
CREATIVE PROBLEM-SOLVING AND DECISION-MAKING



Problem-solving and decision-making are closely linked, and each requires creativity in identifying and developing options. This workshop provides you with problem-solving techniques, tools and models, and the right mindset to achieve accurate decision-making and creative problem-solving.

Topic 5
DEALING WITH CHANGE



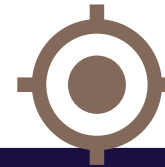
In most organisations, change has become a part of everyday working life. This workshop is designed to help you successfully deal with change, whether it's chosen or enforced. You will gain an understanding of how you are personally affected by change and how to build coping strategies that will help you adapt and thrive in new situations and environments.

Topic 6
NETWORKING



Experts agree that the most connected people are often the most successful. This workshop will help you develop and improve your networking skill set, stay on top of the latest trends in your industry, meet prospective mentors, peers and clients, and gain access to the necessary resources to foster your career development.

Topic 7
MENTORING



Mentorship is rewarding and provides the opportunity to reflect on your development, as you build confidence and self-esteem in the person you are mentoring. This workshop will help you to develop the critical skills of a great mentor such as listening, questioning, facilitation, empathising and rapport building.