

5 DAYS WORKSHOP

Becoming a Positive Supervisor / Executive



Building a Positive attitude,
be Happy, productive and engaged

SDP5 - Becoming a Positive Supervisor Supervisory Development Programs (SDP)

Building a Positive Supervisor - Be happy, productive and engaged

Objectives – This Supervisory Development Programs “SDP5 - becoming a positive supervisor” through Emotional intelligence (EQ), NLP and TIME mgt.

- SDP 5** → 5 key skills, each building on the last:
- 1) Increase performance at work.
 - 2) Increase physical and mental health.
 - 3) Building relationships effectively.
 - 4) Resolving Conflicts effectively
 - 5) Managing time effectively.

Stage 1: Self-awareness.

Stage 2: Setting up the state

Stage 3: Putting the power of “SDP5” into coaching , motivation and positive influence.

Stage 4: Strategic leadership – Building a healthy team and resolving conflicts effectively.

Stage 5: Working SMART through effective time management.