90 Minute Leadership

OD recognise the challenges our leaders have in managing time constraints and setting aside time for development activities. Short, intensive development sessions can be a useful way of learning. Rather than spending a full day covering a relatively wide range of topics, our “90 Minute” leadership sessions will focus on specific topics, concentrating on key issues rather than the broader picture.

The next session is:

“Driving Interpersonal Effectiveness!”

Interpersonal effectiveness is complex but a key component is the ability to manage our interactions with others. Our brains are highly social; concerned with people and social situations with the majority of our behaviour being non-conscious and outside of our awareness. When we become aware of the major social drivers of our behaviour and how they help or hinder us we increase our effectiveness in our interpersonal interactions:

- Learn how your brain functions at the non-conscious level
- Identify your social drivers and how they motivate you to do things
- Reduce stress by working in harmony with your key behavioural drivers

This 90-minute workshop offers practical tools identify the bases of your behaviour and understand how to get the best from your interactions. You will leave with the ability to apply researched based techniques to your behaviour in order to have more effective interpersonal interactions.

Who will benefit from attending the session?

Leaders who want to understand themselves in more depth and get the most out of themselves and their people.

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Speaker:
Dr Terri Hunter
BrainLink Group

Date:
Tuesday 26th February 2019

Time:
8:00am for 08:30am start - 10.00am finish

Venue:
Room L0007, Teaching and Learning Centre, Queen Elizabeth University Hospital Campus

Room available from 8.00am
If you would like to attend, please complete the registration form and return to Lisa.donnelly@ggc.scot.nhs.uk by 15th February 2019