

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:



"Managing Yourself in Challenging Circumstances"

Anecdotal observation suggests an identified area of concern is the ability to remain calm and professional when dealing with challenging situations. The desired outcome of the session is an enhanced ability to secure positive results whilst expending a minimum of emotional energy, channelling emotions into constructive behaviour thus enabling more consistent and professional behaviour, benefitting the manager themselves and the staff member, with the intention of strengthening organisational effectiveness. Specific outcomes may include:

- Increased awareness of how emotions impact the way we work, our responses to and relationships with others.
- An improved awareness of and ability to manage their own behaviours.
- Retaining a professional position rather than personalising situations even those which manifests as a personal attack or personal criticism.
- Greater confidence and personal resilience, even when issues take time to resolve or recur.

It is intended that participants will leave with a practical "take away" and a motivation to learn more. This is a pragmatic session based on sound theory but focusing on its practical, everyday application, in an interesting and enjoyable way.

Who will benefit from attending this session?

Leaders who are seeking useful insights into behaviours, and wish to explore personal techniques and practical applications in challenging situations in order to achieve positive outcomes.

Speaker:
Sue Simpson,
Sue Simpson Associates Ltd

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

Room available from 8.00am

Please click on link to register - <https://webropol.com/ep/90minutesoctober2020>

Please complete the registration **by 16th October.**

Date:
Tuesday 27th October 2020

Venue:
**Teaching and Learning Centre, QEUH
Campus**