

Understanding Self-management Skills



Understanding Self-management Skills is a practical continuing professional development (CPD) module aimed at registered managers and other managers currently working in adult social care services.

This CPD module will help managers to tackle isolation, manage time, build resilience and ensure wellbeing. It will look at techniques and tools which can support managers to self manage and understand when and how behaviours can influence and impact on others.

Unlike undertaking formal qualifications, which can often feel like a solitary process, this CPD module connects managers with their peers.

Managers will understand how successful behaviours and practical strategies can support them in their day-to-day work. They'll be challenged to put these into practice, boosting their capacity to lead and manage effectively.

The module includes an emphasis on reflection, helping managers to learn from their day-to-day experiences and think about how they can do things differently or get better at recognising what they do well.

Overall Aims

- ▶ To develop self-management skills.
- ▶ To build resilience and tackle isolation.
- ▶ To understand the importance of time management and setting personal boundaries.

Outcomes

- ▶ Awareness of the impact of your own beliefs and values.
- ▶ Understanding self-management, self-awareness and confidence.
- ▶ Understanding integrity and how actions and words influence others.
- ▶ Awareness of cultures that foster resilience.
- ▶ Understanding emotional intelligence.
- ▶ How to deal with pressure and stress using wellbeing strategies including delegation.
- ▶ Awareness of time management techniques and tools.

Duration

1 day, 9:30 – 16:30.

Number of Delegates

10 minimum.
20 maximum for a closed cohort.

Cost

£104 + VAT per delegate.
Funding can be claimed back via [Workforce Development Funding \(WDF\)](#) as long as the employer is registered with ASC-WDS.

Certification

Learners will achieve an attendance certificate at the end of this course.

For more information contact us at:

commercial-courses@connect2care.net | connect2care.net