TM-SCP - Starting the process of personal change

Soft skills - Sviluppo organizzativo e Coaching - Leadership e comunicazione

Durata:	Lingue:	Certificazione:
1 Giorno	**Italiano**	**-**

Descrizione del corso

We spend years studying, starting from primary school to university, but nobody ever tells us how we work. During these years we face situations that prevent us from obtaining what we really want. We are not able to examine our beliefs and to realize our true potential. Our potential is limited by our own convictions. We need to better understand ourselves, where we are and what we want to reach. In this way we shall be able to develop our real skills, that will lead us to different results.

Programma

Introduction to ourselves
- Are we self-leaders?
- Distinctive traits of a leader
- Which are our core values?
- Positive and negative values: how they influence us
- Turning values into actions

Goals as life companions
- What is goal setting?
- 7 reasons why we don’t set goals
- 7 questions to find goals
- Adjusting goals to match values

Why is taking action difficult?

- Comfort zone and habits
- Words convey emotions
- Restoring words: turning them from unproductive to productive
- Limiting and reinforcing beliefs
- The cycle of success
- Managing beliefs to change
- Logic levels to align ourselves with goals

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