

Developing Yourself and Others

Aim To enable participants to develop their own capacity and that of others

Objectives By the end of this workshop, participants will be able to:

1. Describe the internal and external factors that affect a person's performance
2. Explain the dynamics of the learning cycle
3. Describe their own preferred learning style
4. Explain how to identify learning needs
5. Describe the skills and techniques involved in performance management and coaching
6. Create a personal action plan

Format

This workshop explores how people learn and grow by blending theory with interactive exercises

Overview

- Understanding how people function
- An exploration of the 10:20:70 learning ratio of blended learning
- The Learning Cycle and Preferred Learning Styles
- How to conduct a learning needs analysis
- Setting SO SMART learning objectives
- Overcoming the common barriers to learning
- Creating effective personal development plans
- The effects produced by providing feedback skilfully
- How to provide effective coaching
- Participants will finalise their personal action plans

